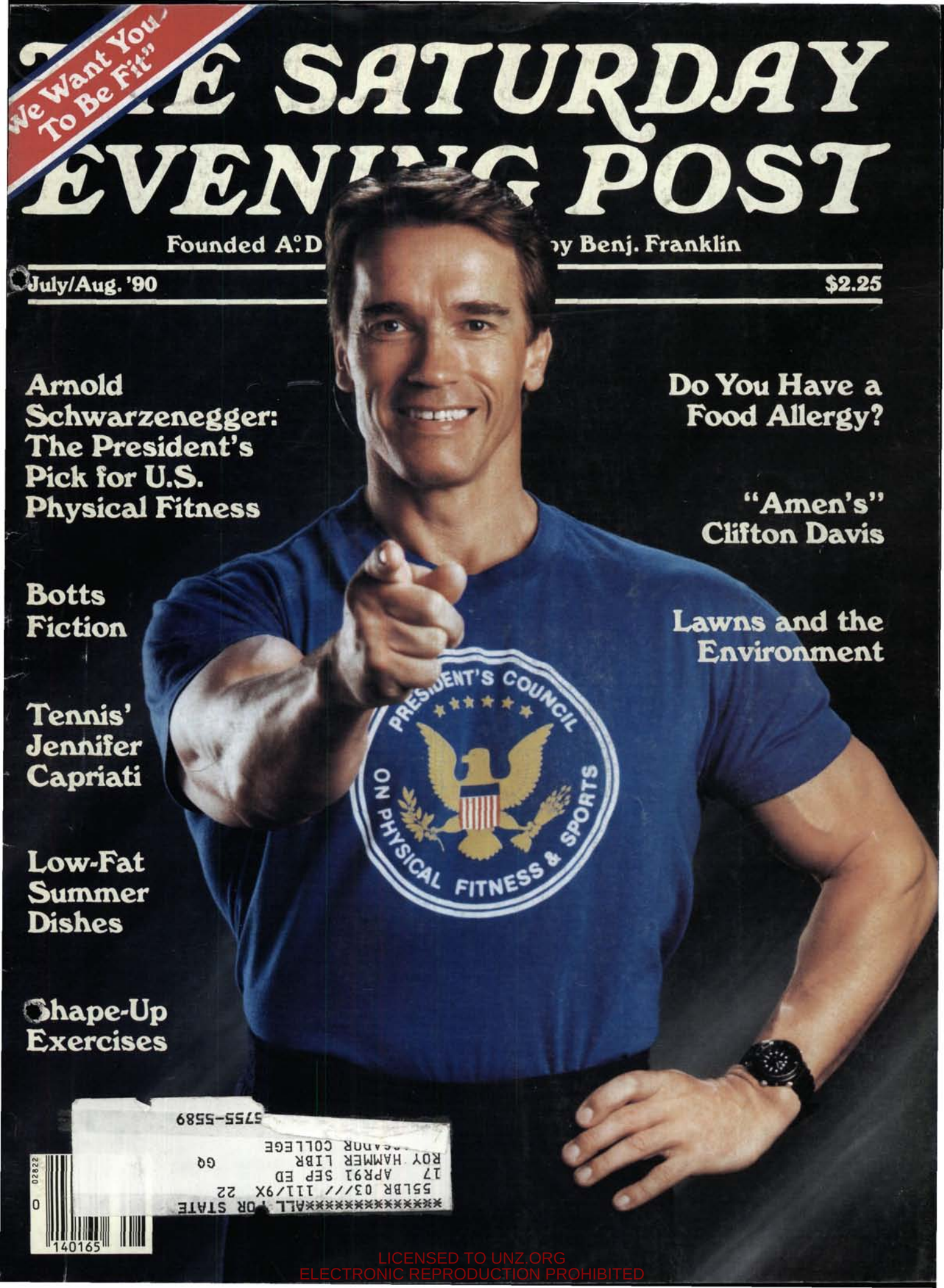

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- Shown smaller than actual length of 19"
- An original work of art sculpted by doll master Connie Walser Derek
- Hand-painted porcelain

"Jessica"

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She's as Precious as She Can Be...

retty as a picture and sweet as can be, "Jessica" delights everyone she meets. With her shy expression and delicate features, she is certainly among the most precious of all little children.

Created by Connie Walser Derek, one of today's celebrated doll artists, "Jessica" follows the tradition started by the famed French doll companies Bru and Jumeau. "Jessica" is a creation of beauty and exceptional craftsmanship that captures the tender innocence of a child.

"Jessica's" head, arms and legs are meticulously crafted of fine bisque porcelain, capturing every endearing detail of Ms. Derek's original sculpture. Each subtle feature is then lovingly hand-painted to bring little "Jessica" to life.

"Jessica's" irresistible hand-tailored outfit is adorned with ruffles and lace. Her charming pink floral dress is topped with an embroidered crisp white pinafore, big pink bows and rows of embroidered ruffles ... The perfect outfit for such an enchanting little girl.

"Jessica" is available exclusively from The Hamilton Collection for $155 (plus $3.60 shipping and handling), payable in five monthly installments of just $31.72* each. You may commission your "Jessica" with complete confidence ... The Hamilton Collection *100% Buy-Back Guarantee* allows you to return your doll within 30 days if you are not completely satisfied. Please return your reservation promptly in order to earn a priority place within the crafting schedule.

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Respond by: August 31, 1990

NPM1 QD BA

Accept my reservation for "Jessica," complete with Certificate of Authenticity.

I need send no money now. I will be billed $31.72* for my first of five monthly payments when my doll is ready for shipment.

Ms./Mrs./Mr. _____

Address _____

City _____

State _____ Zip _____

Telephone (_____) _____

Signature _____

*CA, FL, and IL residents will be charged the appropriate state sales tax. All reservations must be signed and are subject to acceptance.

The Hamilton Collection

9550 Regency Square Blvd., P.O. Box 44051, Jacksonville, FL 32231

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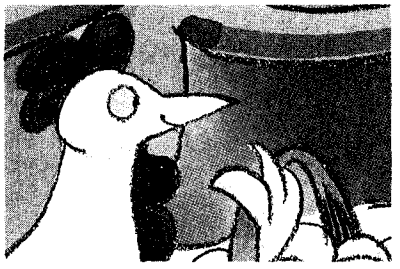
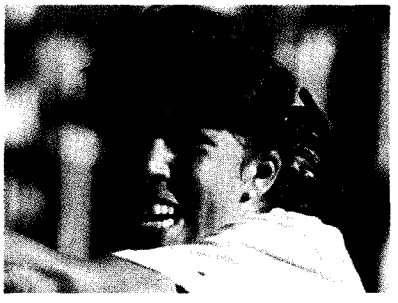
Arnold Schwarzenegger's Tough New Role—shaping up America as chairman of the President's Council on Physical Fitness and Sports. 42



An Allergy Alert—from medical scientists, who have only scratched the surface in understanding the correlation between certain foods and adverse reactions. 58



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(Cover photo by Michael Neveux)

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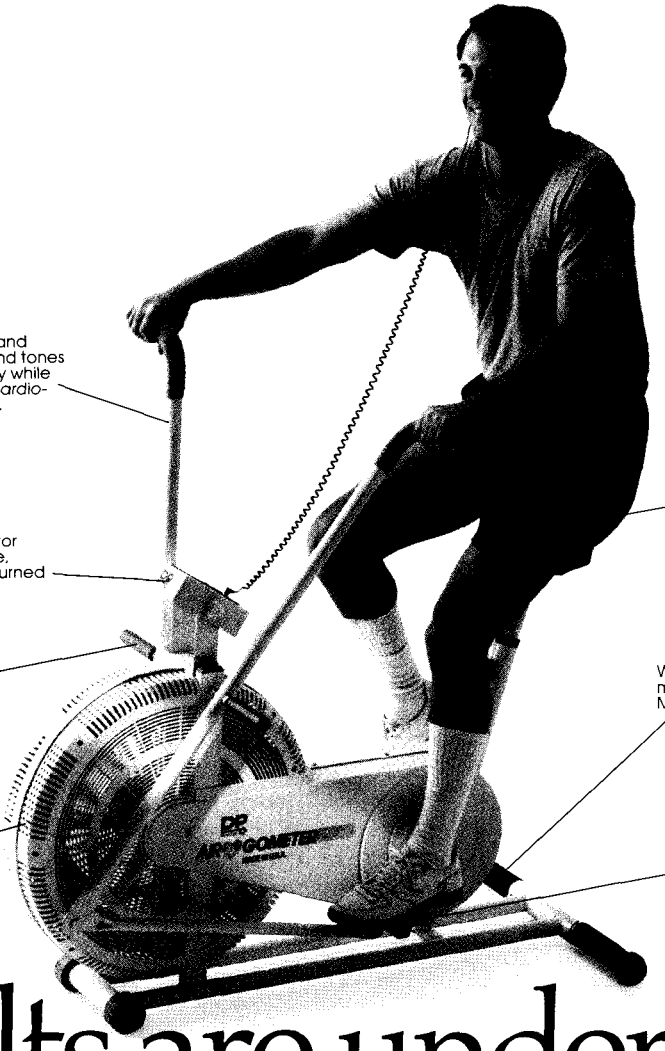
Excuses are a dime a dozen.

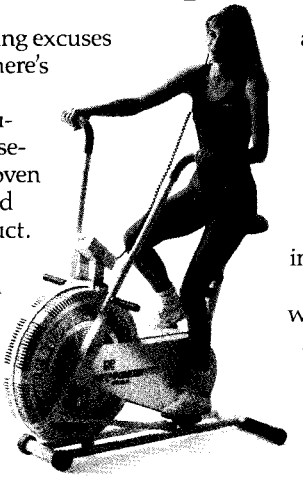

Synchronized rowing and cycling action firms and tones upper and lower body while *providing important cardio-*vascular conditioning.
Advanced electronic ergometer fitness monitor measures time, distance, speed, pulse, calories burned and more.
Padded foot bar stations and handgrips for comfortable, *non-slip rowing action.*
Revolutionary, forward-mounted fanwheel in durable safety housing operates on air-resistance for quiet action and unequaled smoothness. Variable air resistance increases with speed.
Comfortable overstuffed seat is welded into position for a secure exercise platform.
Welded steel frame means quality. The MADE IN USA way.
Self-righting, non-slip pedals.

Results are under $400.

Good news for Americans who are tired of making excuses for not being in better condition. Because now there's a machine that makes any excuse obsolete.

It's the DP AirGometer,™ meticulously manufactured and designed in America to be the excuse-proof exercise solution. In just over a year it's proven itself as the standard in air-resistance exercise and become the country's hottest home fitness product. In fact, the DP AirGometer is so popular that it inspires imitations, many of which have come and gone. Because quite simply, the DP AirGometer offers the best quality for the money.

Since it operates on the principle of variable air-resistance, the DP AirGometer provides no-impact exercise. Which means it conditions your entire cardiovascular system and tones muscles without doing damage to your joints. So you can achieve and maintain total fitness with a quick, at-home aerobic workout that tones and conditions your body—inside and out.



Following accepted principles of aerobic conditioning, work out on the AirGometer every other day. Use the digital ergometer to set goals and determine improvements in your fitness level. And in a matter of weeks you should see and feel results.

So if you're tired of dime-a-dozen excuses, why not replace them with exercise? Test-ride the AirGometer from DP. And discover how good it feels to be fit for life. Available where fine fitness equipment is sold.

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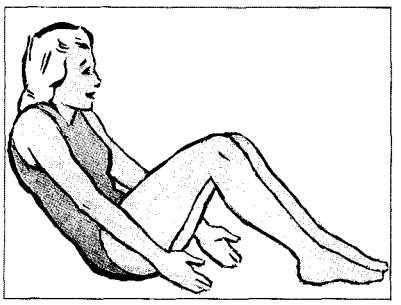
"Amen's" Rev. Clifton Davis—from Broadway to cocaine and back to the top in his second TV series triumph. **54**

Much More Than Rushmore—South Dakota's also got the Badlands, Crazy Horse monument, living ghost town Deadwood. . . . **82**

Lessening the Dangers of Obesity—with tasty substitutes that reduce the fat in your diet. **12**



Exercises Lying Down—keep sore feet off the street but strengthen important abdominal muscles. **50**

Letters

Wholly Grateful

Many of my old, old *SatEvePosts* became "holy" in 1983, when my husband was terminally ill in the Westlake Village Community Hospital.

On my way to work I made a slight detour to tape a cut-out cartoon or a Post Script on his window every morning.

Soon his room was the first to have the curtains drawn, because the nurses were looking forward with curiosity to what "the smile of the day" would be.

Thank you for your ever-clean humor. It brought many smiles into an otherwise very sad time.

Irmgard Wood
Westlake Village, California

Where Will Ben's Bucks Go?

Many years ago I read somewhere that Benjamin Franklin had left the cities of Boston and Philadelphia several million dollars with instructions that said amounts were to be held in equity not to be touched until 1990. At that time money was to be released and cities were to spend money for parks, libraries, or other municipal projects to benefit all the people. I am wondering, how does each city plan to spend said money? Thanks for listening.

Might interest you to know that as a boy I used to have a magazine route in Arlington, Virginia, and sold *SatEvePost* and *Ladies' Home Journal*—that was between 1925 and 1930!

Philip C. Warner
Silver Spring, Maryland

Editor's note: Authorities in Massachusetts and Pennsylvania will follow Franklin's instructions to use the trust money—now worth millions—for youth training. (Ben donated £1,000 apiece, his salary from 1785 to 1787 as president of the commonwealth of Pennsylvania.) Massachusetts' trustees have multiplied the city's original "£1,000 saved" to $4.5 million; Pennsylvania's £1,000 has only reached a mere $2 million.

Have You Read a Ford—Lately?

In your May/June issue, there was a letter to the editor from Josephine G. Berkey of Ellenton, Florida, regarding a source of Leslie Ford books. I have 7 hardcovers and 11 paperbacks by Leslie Ford.

I would be happy to send them (a

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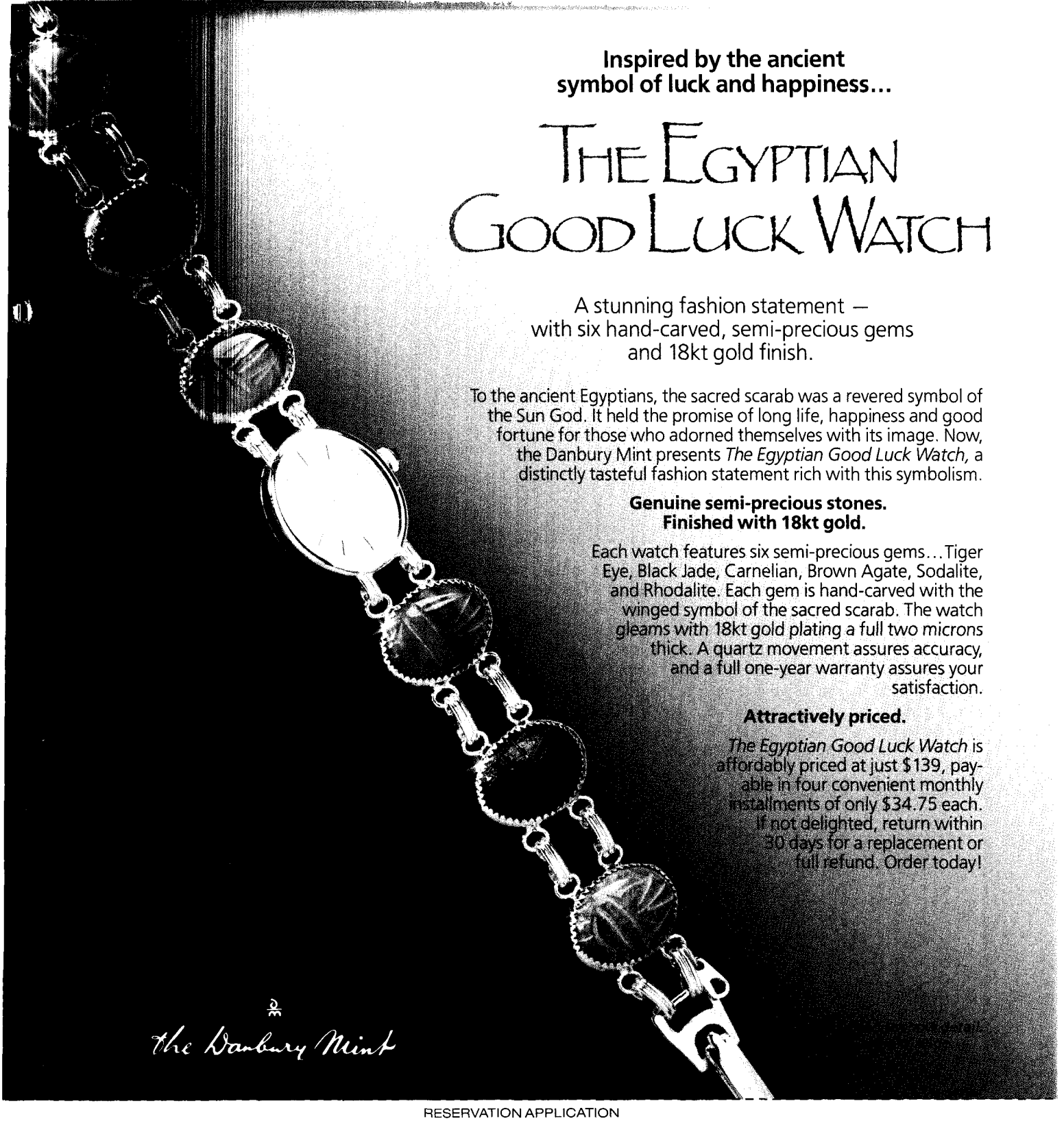

Inspired by the ancient symbol of luck and happiness...

The Egyptian Good Luck Watch

A stunning fashion statement — with six hand-carved, semi-precious gems and 18kt gold finish.

To the ancient Egyptians, the sacred scarab was a revered symbol of the Sun God. It held the promise of long life, happiness and good fortune for those who adorned themselves with its image. Now, the Danbury Mint presents *The Egyptian Good Luck Watch,* a distinctly tasteful fashion statement rich with this symbolism.

Genuine semi-precious stones. Finished with 18kt gold.

Each watch features six semi-precious gems...Tiger Eye, Black Jade, Carnelian, Brown Agate, Sodalite, and Rhodalite. Each gem is hand-carved with the winged symbol of the sacred scarab. The watch gleams with 18kt gold plating a full two microns thick. A quartz movement assures accuracy, and a full one-year warranty assures your satisfaction.

Attractively priced.

The Egyptian Good Luck Watch is affordably priced at just $139, payable in four convenient monthly installments of only $34.75 each. If not delighted, return within 30 days for a replacement or full refund. Order today!

The Danbury Mint

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

THE EGYPTIAN GOOD LUCK WATCH

Please respond promptly.

For fastest service, call toll-free: 1-800-367-4534.

Please send me *The Egyptian Good Luck Watch,* payable in four monthly installments of $34.75 (plus $.75 shipping and handling per installment — total $35.50*). If not delighted, I may return the watch within 30 days for replacement or refund.

☐ Charge my credit card, the first installment at the time of shipment:
☐ MasterCard ☐ VISA

Credit Card Number _____ Expiration Date _____

☐ Enclosed is my check for $35.50. Bill my remaining installments* with shipment.

Name _____
PLEASE PRINT CLEARLY

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Signature _____
All orders are subject to acceptance.

Please allow 6 to 8 weeks for shipment.
*Plus any applicable sales tax.

E9

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few at a time as I always reread before discarding) to Josephine Berkey if she would like them. There is only one string attached—she must either keep them or find them a new home as I do not want them back, taking up space in my already-overcrowded bookcases.

Emily T. White
Rye Beach, New Hampshire

President Stoddard

I have just finished another Maynard Stoddard "masterpiece" in your April issue—hysterical!

I nominate him for President. This country needs a sense of humor.

Long live the *Post* and Stoddard!

Cecelia Phillips
Sequim, Washington

In Search of Soy

Regarding the article "Sorting Out Fiber," by James Anderson, M.D., on page 26 in the March '90 *Saturday Evening Post*.

We have checked at the health stores of Monterey, California, and we are unable to get Fibrim (soy fiber). Could you tell us where we can get it? Thank you.

Mrs. Earl C. Evans
Del Rey Oaks, California

Editor's note: For more information about obtaining Fibrim, you can call 1-800-3FIBRIM.

Great Scott!

I wasn't going to send this, but so many of my friends feel the same way and they are encouraging me.

Your [March '90] cover article on Deborah Norville makes us sick! Apparently you haven't heard the results

of the "Entertainment Tonight" poll giving Norville a tiny fraction of the popular votes over Jane Pauley. NBC apparently values something other than public opinion. When they replaced John Palmer with the abrasive, flip, know-it-all Deborah, we kept watching NBC because we thought so much of Willard Scott and Jane Pauley. After Pauley went, so did we!

Mardene and Allen Weston and friends
Bellevue, Idaho

"Hold on a minute, Alice. George is pestering me to find him a pair of scissors!"

Post Surprises

I just received my first issue of *The Saturday Evening Post* and want you to know how pleasantly surprised and gratified I was to see such a fine magazine. Nowadays, one has to be very careful what one selects. Magazines my mother enjoyed back in the '50s have lowered their standards and quality to such an extent I'm ashamed to buy them, so I don't.

Thank you for daring to publish a nice, interesting magazine with family values. I can see I will be reading *The Saturday Evening Post*, with pleasure, for years to come.

Mary Jane Hein
Red Bluff, California

Take Heart

We read your [carnitine] article in the May/June 1990 issue and also the article in the November 1983 issue about Kelly Clemmons.

We have a son, Craig (twin), who at age two was diagnosed as having endocardial fibroelastosis by Dr. Gallon at Milwaukee Children's Hospital in Milwaukee, Wisconsin. We also were told at that time he may have a short time to live. He was given digitalis and Lanoxin and was seen by our family doctor every six months and yearly by a cardiologist in Green Bay, Wisconsin.

Craig is now 19 years old, graduated from high school and attending college. He enjoyed and participated in football, basketball, and baseball all through his high-school years with no restrictions at all. He has been given a clean bill of health by all doctors.

We want to share this with the parents of Kelly. When we were told of Craig's condition, Dr. Gallon also told us of a 17-year-old girl he had been treating since she was 2 and she was doing fine. That news gave us a lot of hope and faith. We hope this letter will give Kelly's parents some hope also.

Please pass this letter on to them if possible.

Dave and Sue Marchant
Brussels, Wisconsin

Flaxseed Sources

Page 103 of your latest publication gave a price of $1.49 per pound for flaxseeds. I have a list of sources of flaxseeds (most organically grown). Please write to me if you would like to have the list: 2624 Roxboro Ave., Deltona, FL 32725.

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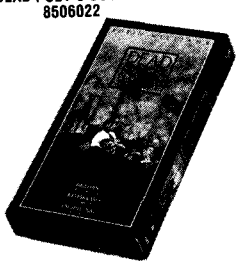

WHEN HARRY MET SALLY
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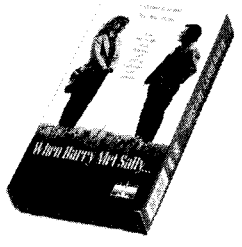

DR. ZHIVAGO
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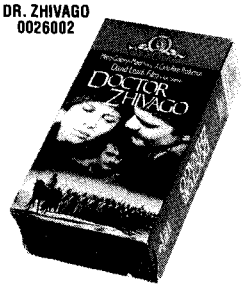

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ROBOCOP	2350022	ROAD HOUSE	2875082	BUTCH CASSIDY AND THE SUNDANCE KID	0517632
SCARFACE (1983)	2168042	LICENCE TO KILL	8802032	ALIEN	0002812
CHANCES ARE	5932022	SAY ANYTHING	3720032	DOCTOR DOOLITTLE	0732212
NATIONAL GEO: LOVE THOSE TRAINS	7842072	CASUALTIES OF WAR	5965022	RAIN MAN	2869062
COUSINS	4472012	SEA OF LOVE	9204052	THREE MEN AND A BABY	5491052
NEW YORK STORIES	8500082	DO THE RIGHT THING	5840032	COMING TO AMERICA	4416002
FIELD OF DREAMS	9203062	SCHOCKER	9202072	OLIVER!	1760242
PET SEMETARY	4479042	IN COUNTRY	6436012	BEACHES	5498082
HONEY I SHRUNK THE KIDS	8504042	UNCLE BUCK	5838072	MISSISSIPPI BURNING	2373052
PINK CADILLAC	6422072	THE ABYSS	8811022	E.T. THE EXTRA-TERRESTRIAL	6811062
KICKBOXER	6742002			TWINS	5810092
				AN AMERICAN TAIL	2184042

LOOK WHO'S TALKING
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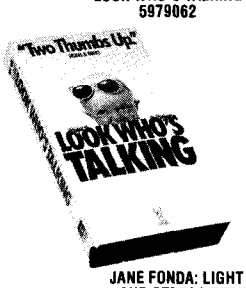

JANE FONDA: LIGHT AEROB. AND STRESS REDUCTION
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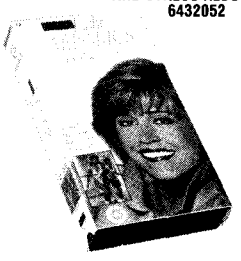

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P75/P81/N22

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P76/P82/N23

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My husband has cancer, and we try to eat as many foods as possible that were grown organically.

Mrs. John Roderick
Deltona, Florida

Post Entrepreneur

I'm writing to tell you about my dad—89 years of age—and his connection with *The Saturday Evening Post* since he was 5 years old! He sold *The Saturday Evening Post* at the Wilson Avenue Elevated "L" Station after school from 1905 to 1909. He also delivered *The Saturday Evening Post* to over 30 customers on his route every Thursday afternoon.

On rainy days he would rent his umbrella—for those that wanted his services—and walk them home for five cents a block. He escorted his future mother-in-law to her home from the station several times, and some 15 years later she recalled that he was the little boy that had sold *Saturday Evening Post*s and brought her home in the rain.

My dad attended Culver Military Academy and served as a second lieutenant in World War I at the age of 18. He graduated Officers Training Corps at Ft. Sheridan, Illinois, and was assigned to the Motor Transport Division, Camp Mabry, Austin, Texas.

He and my mother were married 66 years and have 2 children, 5 grandsons, and 12 great-grandchildren.

I thought you might be interested. My dad—Leslie Spelman Klein—is a happy, thoughtful, loving person. He's traveled around the world, loves golf and people and life!

Dot Klein Shadrach
Bullard, Texas

Scoop: Woman Helps Herself

Your May/June issue published a letter asking for information about the Heimlich Micro-Trach.

After having been discouraged by Mayo Clinic when I wrote to them for information about the Micro-Trach, I decided to go on Transtracheal Oxygen Therapy called Scoop. It was a simple procedure done under a local anesthetic while I sat in a chair. It was performed in Mason City, Iowa, by Dr. Phillip Lee and it is the best thing that I've done for myself in my attempt to tame this "dragon." Hopefully, my next big step will be a transplant.

Janell Slattum
Joice, Iowa

Pleased with Perils

In the May/June '90 issue of *The Saturday Evening Post*, there was an article entitled "Perils of Prosperity," written by Ethel R. Nelson, M.D. As a health educator, I was very impressed with the article. I have known both Dr. Ethel and Dr. Roger Nelson for many years having gone to school with Roger in India as a boy.

I am wondering if you are able to supply me with a number of copies of the article to use in a Health Van early next month in the small town of Brewster, Washington. I will be in charge of the Health Van and I would like to put in their hands a copy of this article.

I appreciate *The Saturday Evening Post* very much for the quality of articles that are in each issue.

Frank C. Wyman, M.A., M.P.H.
Health Educator
Brewster, Washington

But First, There's the Screen Version . . .

You printed an article last year [April '89] written by Robert Fulghum about Mother Teresa. I meant to write to you then to thank you for the article, but time got away from me. When I read the article it moved me to tears. Some time ago I saw Mr. Fulghum on television, and after hearing him talk, I could understand how he could write like he did. I read the article again and it affected me the same way.

I will have to make it a point to read his book.

Dorothy Pompe
Phoenix, Arizona

Carnitine Update

The story on carnitine in the May/June '90 issue of *The Saturday Evening Post* prompted me to write to you. Both our children, ages 7 and 17 months, have been diagnosed with cystic fibrosis. I was wondering if carnitine might be of any benefit to them in regard to their malabsorption or pulmonary problems. Any information or suggested reading you could recommend would be appreciated.

Our children are currently under the care of the Rainbow Babies and Childrens Hospital of Cleveland, Ohio, and are doing well. We feel that the vitamin, mineral, and dietary program the children are on as well as the care at the hospital have been responsible for their progress. We are hoping perhaps something like carnitine might be another positive factor for them.

Joe and Mary Martin
Westlake, Ohio

Editor's note: Drs. William Treem and Charles Stanley recently published their findings on cystic fibrosis in

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Robin Street,
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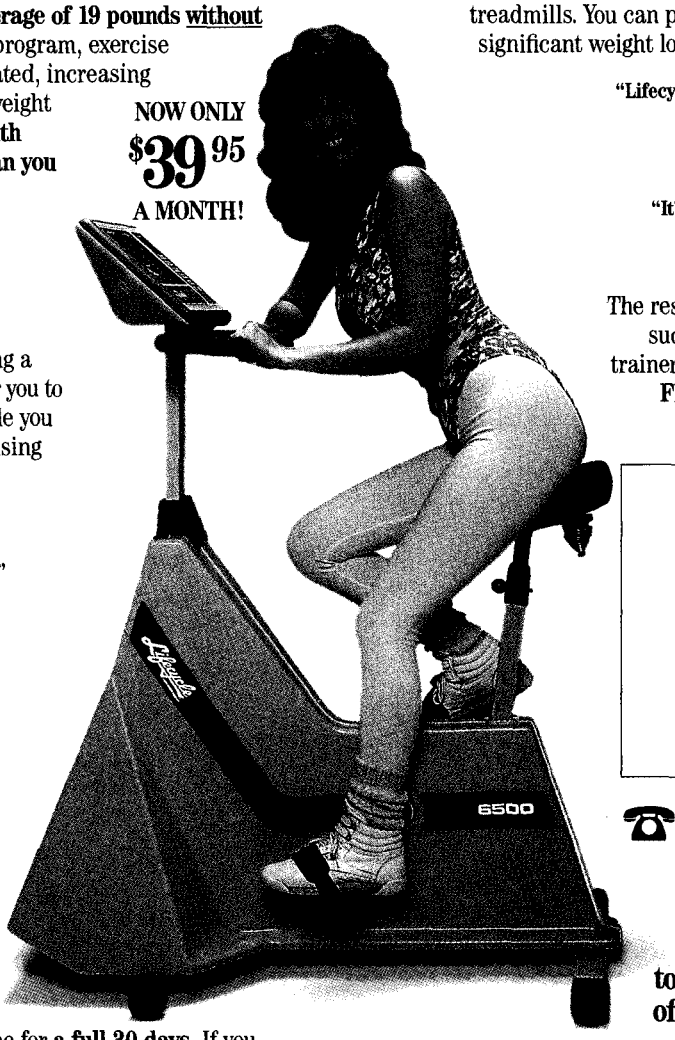
Jerry Galloway,
Escondido, CA



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Pediatrics medical journal. They found that malnourished children who have cystic fibrosis also have carnitine deficiency, probably because of limited synthesis. In addition, vitamin D deficiency leads to extended carnitine deficiency because of a lack of renal conservation.

Drs. Treem and Stanley treated an eight-month-old infant with cystic fibrosis who had a decreased level of carnitine. He was given a special formula with a high concentration of carnitine. As a result of dietary treatment he had a normal blood carnitine level. Drs. Treem and Stanley conclude that in certain conditions dietary carnitine may be an essential nutrient for infants who may be unable to synthesize carnitine at rates sufficient to meet both the demands of rapid muscle growth and those superimposed by illness and fasting stress.

The question of whether dietary supplementation is necessary in individual cases of cystic fibrosis should be determined by the physician. Further studies in those patients are needed to assess plasma levels of carnitine stores in relation to dietary intake and nutritional status. Traditional diet therapy in patients with CF, which provides a high-protein and low-fat diet with fat-soluble vitamin supplementation, is still necessary. This type of diet is required because the pancreatic ducts of CF patients are obstructed and the intestinal juice has no pancreatic enzymes. Thus, digestion of such nutrients as proteins, carbohydrates, and lipids is disturbed and limited. As a consequence of digestion and absorption limitation, chronic malnutrition and anemia are seen in infants with CF. In addition, clinical manifestation of vitamin A, D, E, and K deficiencies may occur.

Cystic fibrosis is found in one in 2,000 live births in whites and one in 17,000 live births in blacks. CF is a hereditary disorder, caused by a single defective recessive gene and transmitted as an autosomal (asexual) trait. In 90 percent of cases, this illness can be manifested in early childhood; in 10 percent it escapes detection until the teenage years. —*Dr. Jerzy Jaskiewicz*

Getting Away from It All

I am writing in response to the letter in the February 1990 issue from the lady suffering from formaldehyde exposure. In March 1980, the prestigious National Academy of Sciences concluded that formaldehyde even at low levels did indeed pose a serious health problem.

Formaldehyde is found in paneling, plywood, particle board, carpeting, upholstery, permanent press clothing, toothpaste, shampoo, cosmetics, etc. According to the academy, formaldehyde at extremely low-level airborne concentration will first irritate the eyes, nose, and throat of a proportion of the public.

Clinical ecologists, doctors who specialize in diagnosing and treating these problems, report that repeated exposure can affect any body system and weakens the immune system and irreversible problems may result. This writer developed neurological problems from chemical exposures.

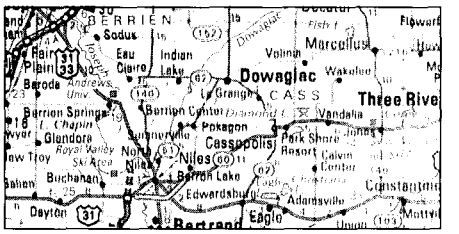
Clinical ecologists can test, diagnose, and advise. Removal from exposure is a must. One may obtain the name of a clinical ecologist from Human Ecology Action League, P.O. Box 49126, Atlanta, Georgia 30359-1126.

Angeline Ozga, R.N.
Troy, Michigan

Upper Case

"The Last Autopsy," by B. H. Kean, M.D., in your April issue intrigued me because of the content and because Dowagiac, Michigan, a beginning point of the case, is only 25 miles north of my hometown, South Bend, Indiana.

With the doctor's superb parasitic



sleuthing, someone should have suggested that he "read" a Michigan map before placing Dowagiac in northern Michigan, as he did in two separate quotes.

So then I searched for Maynard Good Stoddard's contributions to get my good humor back.

Eugenia Chandonia
South Bend, Indiana

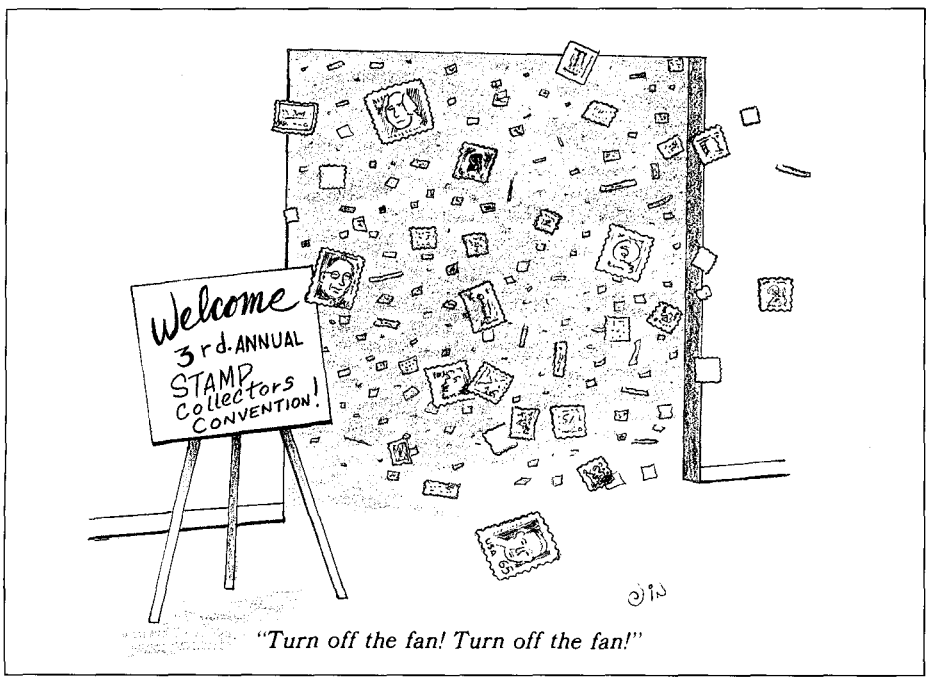
Transplant Hope

I am writing to you in response to your latest article by Dr. SerVaas concerning lung transplants. I would like very much to help harvest organs and to have my name circulated to others in this predicament.

I have very severe emphysema due to a hereditary disease called alpha-1 antitrypsin deficiency. I am on oxygen almost all the time and any moving around makes me very breathless. I am praying that I might be a candidate for a transplant.

I am 56 years old, have never smoked, and discovered I had this disease five years ago. Slowly but surely my condition worsens and a transplant is my only hope. I will be willing to help in any way.

Katharine H. Lovett
Ponte Vedra Beach, Florida



"Turn off the fan! Turn off the fan!"

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HEARTBEAT

The Healthy Heart Report

SAYING NO TO FAT

Eating for a healthy heart doesn't have to mean giving up your favorite foods—it just means preparing them sensibly.

by Ted Kreiter

Americans have a big "fat" problem. Obesity, the American Heart Association says, is one of the main factors in raising blood cholesterol and increasing the risk of heart disease. One cause of obesity is the high fat content of food. Fat begets fat. And saturated fat—the type of fat found in butter, milk, meat, cream, and other foods—raises cholesterol.

Each gram of dietary saturated fat consumed by the ordinary adult increases the cholesterol level by one milligram per deciliter of blood. A cholesterol level of 200 mg/dl or higher puts you at risk for a heart attack.

Being overweight tends to multiply the heart attack risk. Obesity overloads the liver with calories and causes the body to produce more LDL, or "bad cholesterol." Severe obesity (greater than 30 percent overweight) is a coronary risk factor in its own right.

Reducing the fat in your diet begins in the supermarket. Read the labels before putting products in your cart.

"No cholesterol" on a label may very well mean what it says, but be aware that the item may still contain saturated fat, which raises blood cholesterol. And don't let that label cause you to praise the product for its good intentions—basically, any product that does not contain ingredients from an animal source is naturally cholesterol free.

Coconut oil, palm oil, and palm kernel oil are three plant oils that contain saturated fat. And labels of a few products, such as peanut butter and margarine, will alert you to the fact that a high percentage of their calories are from fat.

The phrase "low calorie" means that the product contains no more than 40 calories per serving. "Reduced calories" means the product has at least one-third fewer calories than the calories for which this food is substituted, salad dressing being a good example.

Because many products now list fat and cholesterol content, shopping for the less-fatty foods is easier. First, look at the ingredients. All food labels list the producer's ingredients in order by weight; the ingredient in the greatest amount is listed first. Avoid those products that list a fat or oil in the top spot, or those that list many fat and oil ingredients.

For other suggestions on how to reduce fat in your daily diet, we turn to the American Heart Association:

- Use evaporated skim milk for cream when making whipped topping. (The evaporated milk won't whip unless it's well-chilled first.)
- Substitute plain low-fat or nonfat yogurt for sour cream in baking recipes.
- Substitute plain low-fat or nonfat yogurt for sour cream in sauces. Mix one tablespoon of cornstarch with one tablespoon of yogurt and mix into the yogurt. The cornstarch will prevent the yogurt from separating.
- Try plain low-fat or nonfat yogurt or buttermilk in place of sour cream or mayonnaise in salad dressing recipes.
- Substitute low-fat or skim milk for cream or whole milk in baking recipes.
- Thicken soups, stews, or sauces with cornstarch or flour dissolved in cold liquid or with puréed vegetables.

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• Substitute chopped vegetables for some of the bread when you make poultry stuffing.

• Reduce sugar in most recipes by one-fourth to one-third. Most recipes include more sugar than necessary.

• Use wheat germ, bran, and whole-wheat bread crumbs in place of buttered crumbs to top casseroles.

• Substitute margarine for shortening in cakes that require creaming. (Using vegetable oil will affect the texture. Use vegetable oil in recipes calling for melted butter.)

You can further reduce fat and still enjoy many of your favorite recipes by using these healthful substitutions:

Sour cream: Mock Sour Cream (recipe follows); low-fat cottage cheese plus low-fat yogurt for flavor; ricotta cheese made from partially skimmed milk (thinned with yogurt or buttermilk, if desired); one can of chilled evaporated skim milk whipped with one teaspoon of lemon juice; or low-fat buttermilk or low-fat yogurt.

Whipped cream: Creamy Dessert Topping or Mock Whipped Cream (recipes follow).

Unsweetened baking chocolate: Unsweetened cocoa powder or carob powder blended with unsaturated oil or margarine (a one-ounce square of chocolate equals three tablespoons of cocoa or carob plus one tablespoon of polyunsaturated oil or margarine). Carob is sweeter than cocoa, so reduce the sugar in the recipe by one-fourth.

Butter: Unsaturated margarine or oil. (One tablespoon of butter equals one tablespoon of margarine or three-fourths tablespoon of oil.) If you wish to substitute margarine for oil, use 1 1/4 cups of margarine for one cup of oil. Use 1 1/4 tablespoons of margarine for one tablespoon of oil.

Eggs: Use commercially produced cholesterol-free egg substitutes according to package directions. Or use one egg white plus two teaspoons of unsaturated oil for each egg. For each two whole eggs in baking recipes, substitute three egg whites. For one whole large egg, substitute two egg whites.

Whole milk: Use one cup of skim or nonfat milk plus one tablespoon of unsaturated oil as a substitute for one cup of whole milk.

Cream cheese: Blend four tablespoons of margarine with one cup of dry low-fat cottage cheese. Add a small amount of skim milk if needed in blending mixture. Such vegetables as chopped chives or pimiento, as well as herbs and seasonings, can be added for variety.

Understanding Triglycerides

Of the 60 to 100 grams of fat the ordinary American eats every day, only a fraction are cholesterol; the majority are triglycerides. Saturated, polyunsaturated, and monounsaturated fats are all types of triglycerides.

Triglycerides themselves aren't necessarily harmful. The body requires a certain level for good health. The body digests triglycerides contained in the food you eat to use for energy or store as body fat. If many of the triglycerides are saturated, the liver breaks them down and makes some into cholesterol. And it's this cholesterol you must be wary of.

Normal triglyceride levels vary across a wide range, depending upon the person's age and sex. In general, triglycerides should be less than 100 to 120 milligrams per deciliter of blood. A level below 250 mg/dl, however, is not all that serious, provided blood cholesterol levels are normal.

The problem is that 5 to 10 percent of adults have a mildly elevated level of triglycerides. Although this doesn't necessarily increase the risk of coronary heart disease, a persistently high concentration of triglycerides (250 to 500 mg/dl) can cause such other coronary risk factors as high blood cholesterol, low levels of high-density lipoprotein (HDL—the good guys), hypertension, obesity, and diabetes mellitus.

If a test puts you among the high-risk group, changing your lifestyle should be the first step in lowering your triglyceride level and reducing the odds on what that risk embraces: heart disease, the nation's leading killer disease, accounting for nearly half of all the deaths in people past age 65.

Heredity, over which you have little control, plays an important role in your triglyceride level. Fortunately, you have complete control over a number of other roles that will reduce a high-risk level:

1) Lose weight. High triglycerides tend to be associated with increase in body weight—particularly body fat.

2) Reduce the amount of simple carbohydrates in your diet, and add complex carbohydrates and fiber.

3) Begin an aerobic exercise program. Triglycerides respond well to good physical condition—especially to endurance-type exercises, such as walking, jogging, cycling, and swimming. In effect, the energy-laden triglycerides in your blood get "burned up" as you participate in these exercises.

Besides exercising, the main ways you can lower a high level of triglycerides are reading labels, eating fewer sweets, and drinking less alcohol.

Mock Sour Cream

(Makes about 1 1/4 cups)

2 tablespoons skim milk
1 tablespoon lemon juice
1 cup low-fat cottage cheese

Place all ingredients in blender, and combine on medium-high speed until smooth and creamy.

Creamy Dessert Topping

(Makes 8 2-tablespoon servings)

This topping is luscious when drizzled over a bowl of fruit, spread on muffins, or poured over a slice of angel food cake. It has a fraction of the calories and fat of whipped cream or butter.

1/2 cup plain nonfat yogurt
1/2 cup part-skim ricotta cheese
2 tablespoons honey

Combine yogurt, ricotta cheese, and honey, and stir until light and creamy. Refrigerate. Serve chilled.

Nutrient Analysis

Calories	41.84kcal
Protein	2.40gm
Carbohydrate	6.13gm
Total Fat	1.15gm
Saturated	0.71gm
Polyunsaturated	0.04gm
Monounsaturated	0.33gm
Cholesterol	4.64mg
Sodium	28.61mg

Mock Whipped Cream

(Makes 32 1-tablespoon servings)

Use this light, tasty topping in place of whipped cream or prepackaged nondairy whipped topping.

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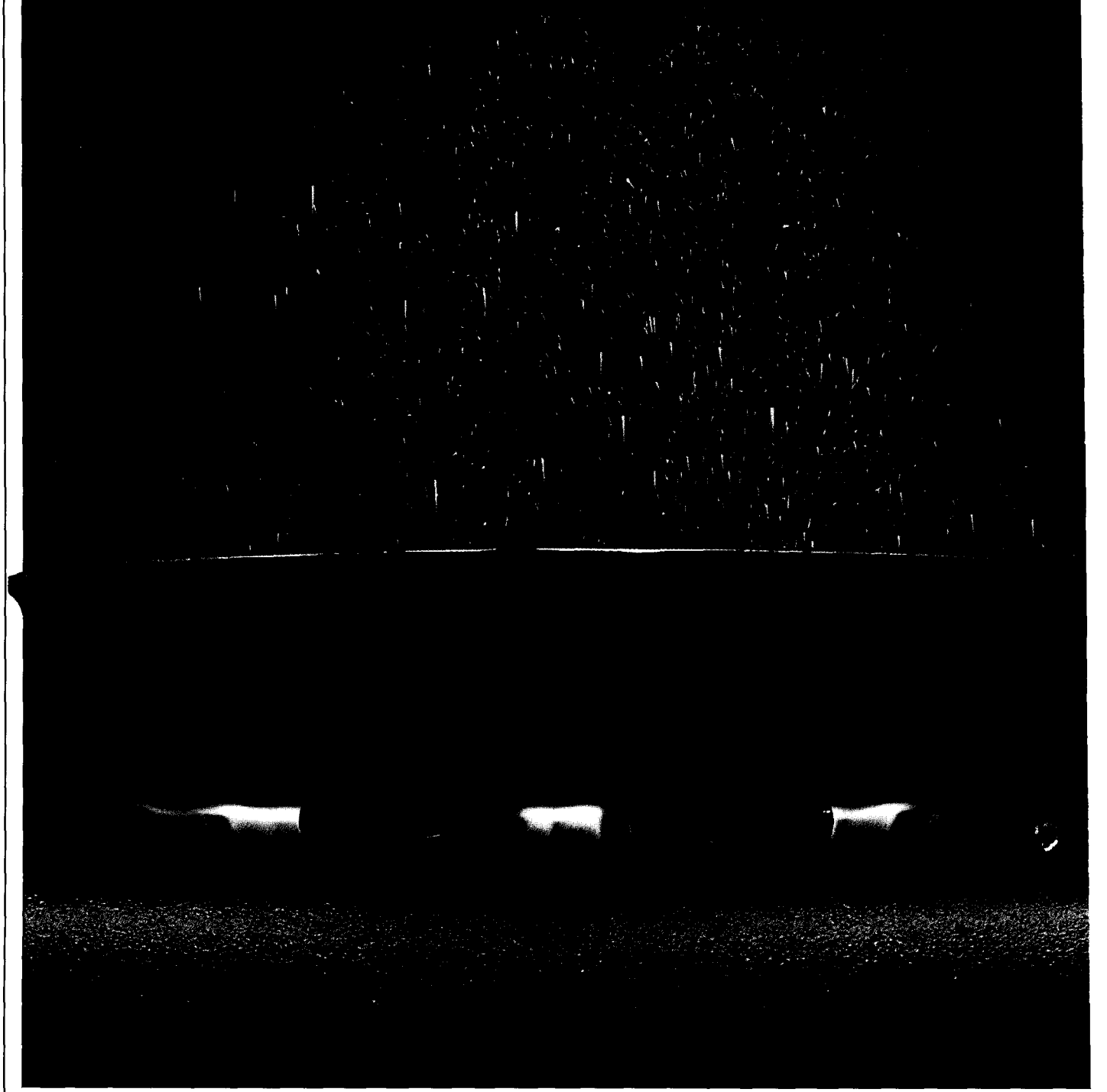
THE REAL STORY ABOUT CHOLESTEROL STARTS WITH FAT.



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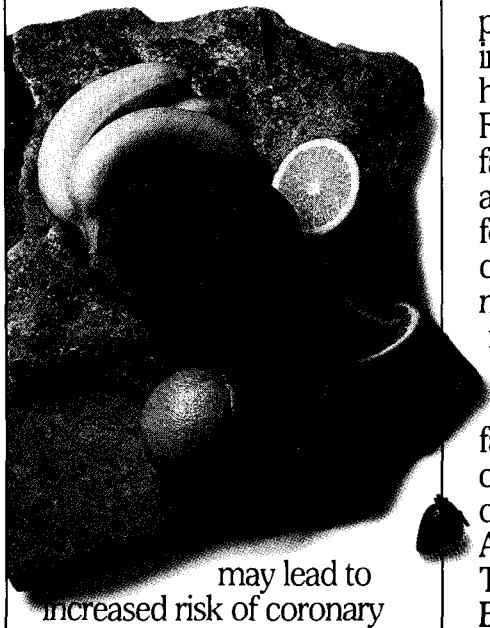
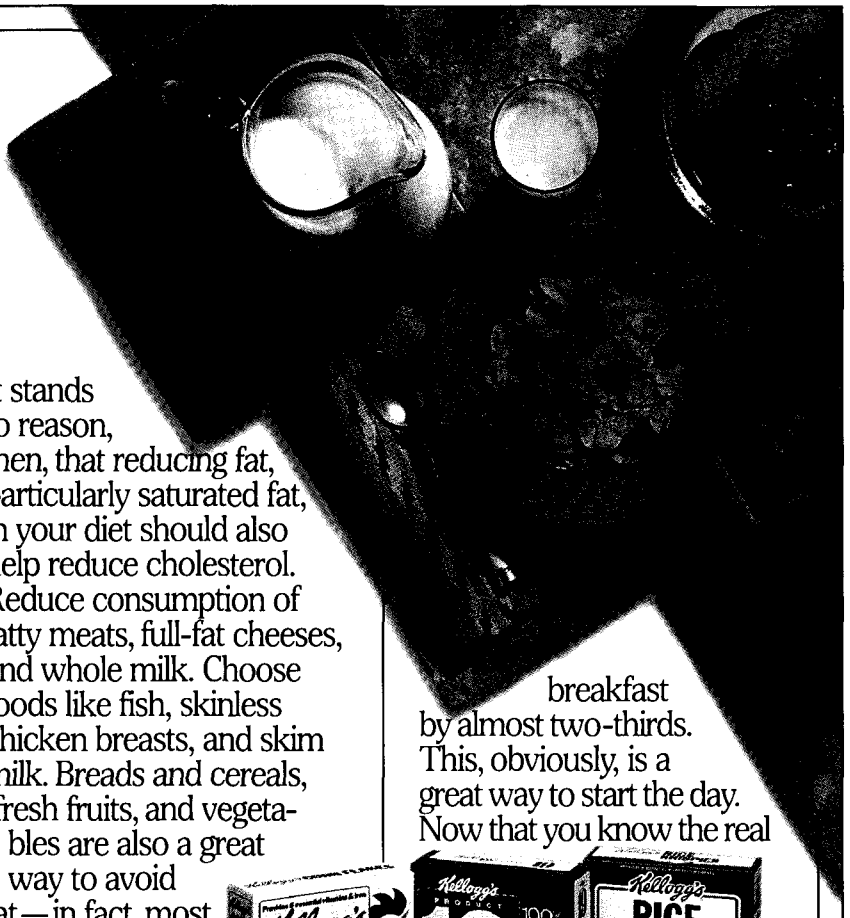
HERE'S THE STORY. Saturated fat is one of the most important dietary factors in raising your cholesterol.

NOW HERE'S THE IMPORTANT PART. We Americans consume much too much of it. And that's bad. Because elevated cholesterol levels



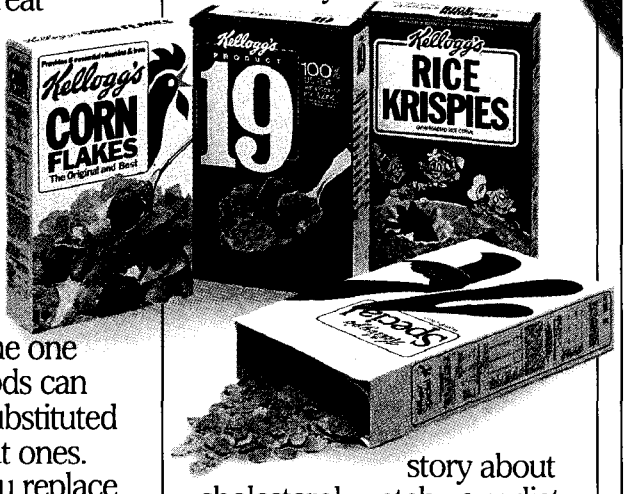
may lead to increased risk of coronary heart disease.

WHAT IS IT? If you put a bowl of meat-containing soup in your refrigerator, you'll soon see a white layer harden on the top. That's saturated fat. And it's found primarily in meat and dairy products. This is one of the things that elevates your cholesterol.



It stands to reason, then, that reducing fat, particularly saturated fat, in your diet should also help reduce cholesterol. Reduce consumption of fatty meats, full-fat cheeses, and whole milk. Choose foods like fish, skinless chicken breasts, and skim milk. Breads and cereals, fresh fruits, and vegetables are also a great way to avoid fat—in fact, most contain practically none.

A GOOD PLACE TO START IS BREAKFAST. More than any other meal of the day, breakfast is the one where high fat foods can be easily substituted with low fat ones. For example, if you replace a bacon and eggs breakfast with a cereal breakfast, any Kellogg's® cereal, you can reduce your intake of fat at breakfast by almost two-thirds. This, obviously, is a great way to start the day. Now that you know the real story about cholesterol, watch your diet and, of course, exercise.



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GET A TASTE FOR THE HEALTHY LIFE.™

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HEARTBEAT

1 teaspoon gelatin
2 teaspoons cold water
3 tablespoons boiling water
1/2 cup ice water
1/2 cup nonfat dry milk
3 tablespoons sugar
3 tablespoons acceptable vegetable oil

Chill small mixing bowl.

In another small bowl, soften gelatin with cold water. Add boiling water; stir constantly until gelatin is completely dissolved. Cool until tepid.

Place ice water and nonfat dry milk in chilled mixing bowl. Beat at high speed of electric mixer until stiff peaks form. Continue beating and add sugar, oil, and gelatin.

Place in freezer approximately 15 minutes, then transfer to refrigerator until ready to use. Stir before using to retain creamy texture.

Nutrient Analysis

Calories	20.00kcal
Protein	0.44gm
Carbohydrate	1.68gm
Total Fat	1.28gm
Saturated	0.17gm
Polyunsaturated	0.75gm
Monounsaturated	0.31gm
Cholesterol	0.19mg
Sodium	6.00mg

Healthful Low-Fat Dishes

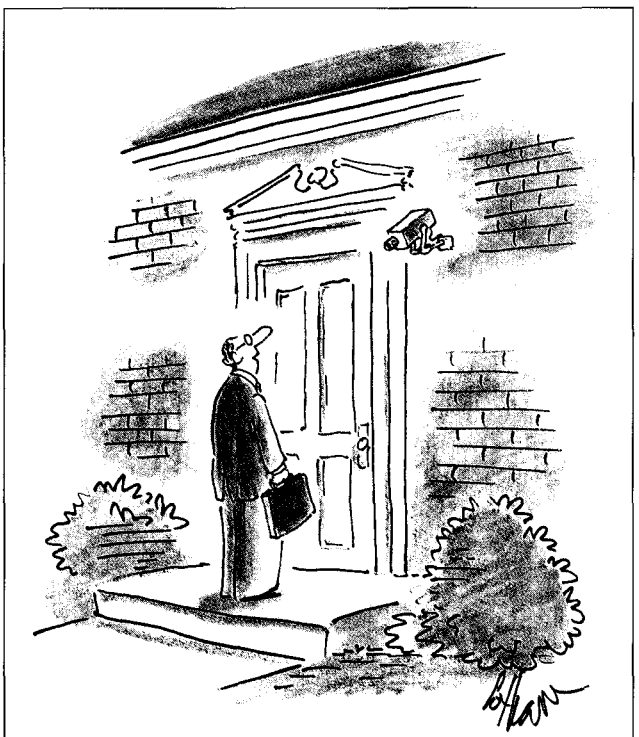
Split Pea Soup
(Makes 10 servings)

1 pound dried split green peas, rinsed and drained
8 cups water
2 carrots, scrubbed but not peeled, cut into eighths
2 medium yellow onions, cut into eighths
3 cloves garlic, quartered
2 stalks celery with leaves, cut into eighths
4 ounces lean ham, visible fat removed, cut into bite-size pieces
3 tablespoons low-sodium soy sauce
1 teaspoon chopped fresh oregano or *1/2 teaspoon dried oregano*
1/2 teaspoon grated fresh ginger or *1/8 teaspoon dried ginger*
3 dashes hot-pepper sauce, or to taste
Freshly ground black pepper to taste

In large saucepan or Dutch oven, bring peas, water, carrots, onions, garlic, celery, and ham to rapid boil over medium-high heat. Reduce heat and cook, covered, at gently rolling boil, 1-1 1/2 hours or until peas are soft.

Add soy sauce, oregano, ginger, hot pepper sauce, and pepper. Simmer 10 minutes to blend flavors. In blender or workbowl of food processor fitted with metal blade, process 2-3 cups at a time, until puréed.

Return soup to saucepan or Dutch oven and reheat, if necessary. Serve hot. This soup freezes well.



"I'm home, dear."

Cucumbers in "Sour Cream"
(Makes 6 servings)

1 cup low-fat cottage cheese
1 small onion, finely chopped
1/4 cup plain nonfat yogurt
1 tablespoon fresh lemon juice
1 tablespoon reduced-calorie mayonnaise
1 teaspoon sugar
3 medium cucumbers, peeled and thinly sliced

In blender, process cottage cheese, onion, yogurt, lemon juice, mayonnaise, and sugar until smooth and creamy. Pour over cucumbers and mix well. Serve chilled.

Deviled Eggs
(Makes 12 servings)

1 dozen eggs, hard-cooked
10 ounces tofu, drained
3 tablespoons spicy brown mustard
1 tablespoon reduced-calorie mayonnaise
Paprika, if desired

Remove shells from eggs. Slice eggs in half lengthwise; remove yolks and discard. Place tofu in large bowl. Using fork, mash tofu into small bits. Add mustard and mayonnaise and mix well. Stuff into egg whites. Top with paprika. Serve chilled.

Potato Salad
(Makes 8 servings)

2 pounds potatoes, about 6 medium
2 green onions with tops, chopped
1 small red or green bell pepper, chopped
4-5 small radishes, minced
2 stalks celery, finely chopped
1/4 cup finely chopped fresh parsley

Dressing:
1/4 cup reduced-calorie mayonnaise
1/2 cup plain nonfat yogurt
2 tablespoons cider or wine vinegar
1/2 teaspoon salt, if desired
1 teaspoon Dijon mustard, or to taste
1/2 teaspoon celery seeds
1 tablespoon fresh dill weed or *1 teaspoon dried dill weed*
Freshly ground black pepper to taste

Garnish:
2 tablespoons finely chopped fresh parsley
1/2 teaspoon paprika

Boil potatoes until tender. When cool enough to handle, peel and cut into 1/2" cubes. In large bowl, combine potatoes with onions, bell pepper, radishes, celery, and parsley. Mix together dressing ingredients and add to potato mixture. Toss gently.

Sprinkle parsley and paprika over top. Cover and chill at least 2 hours before serving.

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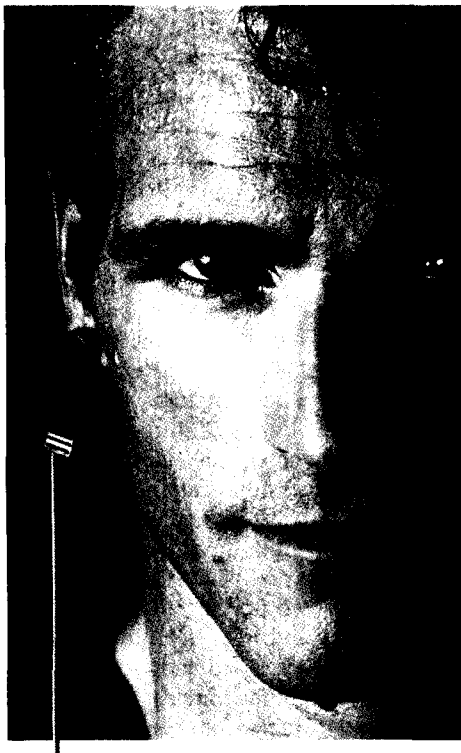

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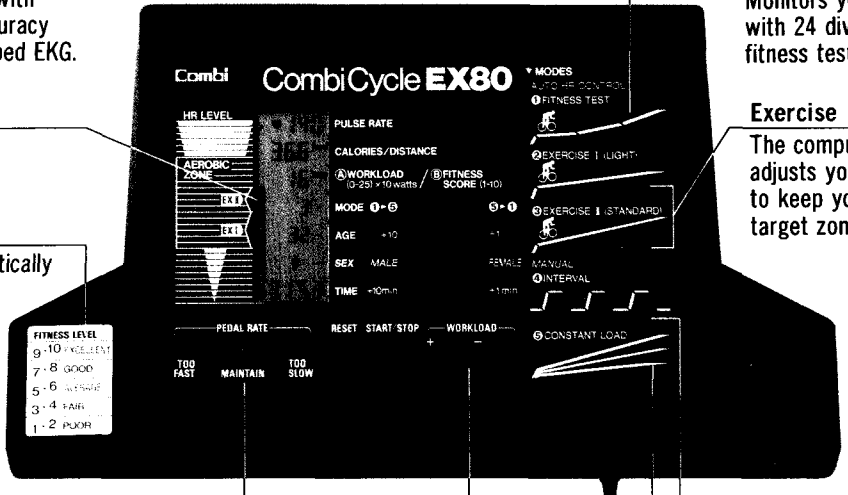

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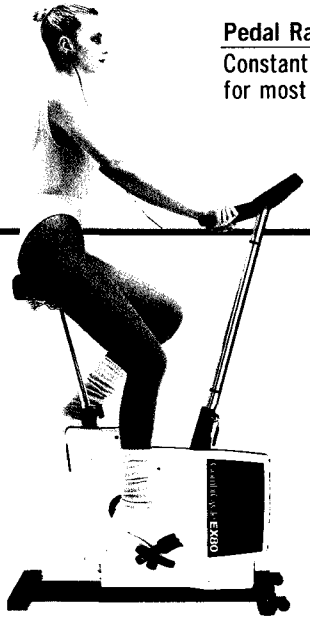

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VETS ON PETS

WHAT MAKES FLEAS FLEE AND TICKS TICK?

Fighting the war with these little pests may often seem like a lost cause, but not if you know how to use the right weapons.

by Gabrielle Hoeppner, D.V.M.

People are not the only ones who have enjoyed the unusually mild winters of the past few years. Fleas and ticks have also prospered in the warm, wet climate, thus setting the stage for a predicted bumper crop of the irritating pests this summer and fall. To spare pets the displeasure of

Success in the battle against fleas requires persistence and strategy; no single application will scratch the surface of a bad infestation no matter how rigorously applied.

serving as a breeding ground, you should begin a control program as soon as possible.

Adult fleas you see surfacing on your pet represent only a small part of the problem. Talk about overpopulation! Ten female fleas can produce as many as 250,000 offspring in only one month. The eggs fleas lay on the pet fall off into the area the pet frequents. These eggs develop into free-living larvae, which, in turn, spin a cocoon and then live for up to one year in the pupal stage before emerging as adults. The successful strategy in flea control is to kill the immature stages as well as the adult form. Flea treatments, however, are never "done," but must be repeated periodically.

Fleas and ticks are more than just a nuisance to you and your pet. Both live on blood meals and both can heavily infest the host; they can remove enough blood from an animal (particularly a small puppy or kitten) to cause a serious, even fatal, anemia. These pests can also cause skin infections that affect the health and the appearance of your pet. Fleas transmit tapeworms and can cause allergic skin disease, skin infections, and "hot spots." Even worse, ticks can transmit such diseases as Rocky Mountain spotted fever, Ehrlichiosis, and Lyme disease to pets and people alike.

Fighting the Flea-and-Tick War

Fighting the flea-and-tick war can often seem like a losing battle. However, your choice of weapons and your knowledge of how best to use them can give you the upper hand. One weapon (product) by itself won't work. Several methods may have to be used together for best results. Flea treatment may fail because the wrong product was chosen, the product was not used properly, treatment was incorrectly timed, or treatment was not repeated often enough. Products used incorrectly are harmful to pets, people, and the environment. In many areas of the country where fleas thrive best, we may not be able to completely eliminate the problem but must be content to keep flea numbers down to an acceptable level. There are no quick fixes when it comes to fleas.

1. *Flea sprays, dips, dusts, and shampoos*—These products, for use on the animal, will quickly kill adult fleas only. The safest ones are natural pyrethrins or citrus-based products. One company makes a spray which

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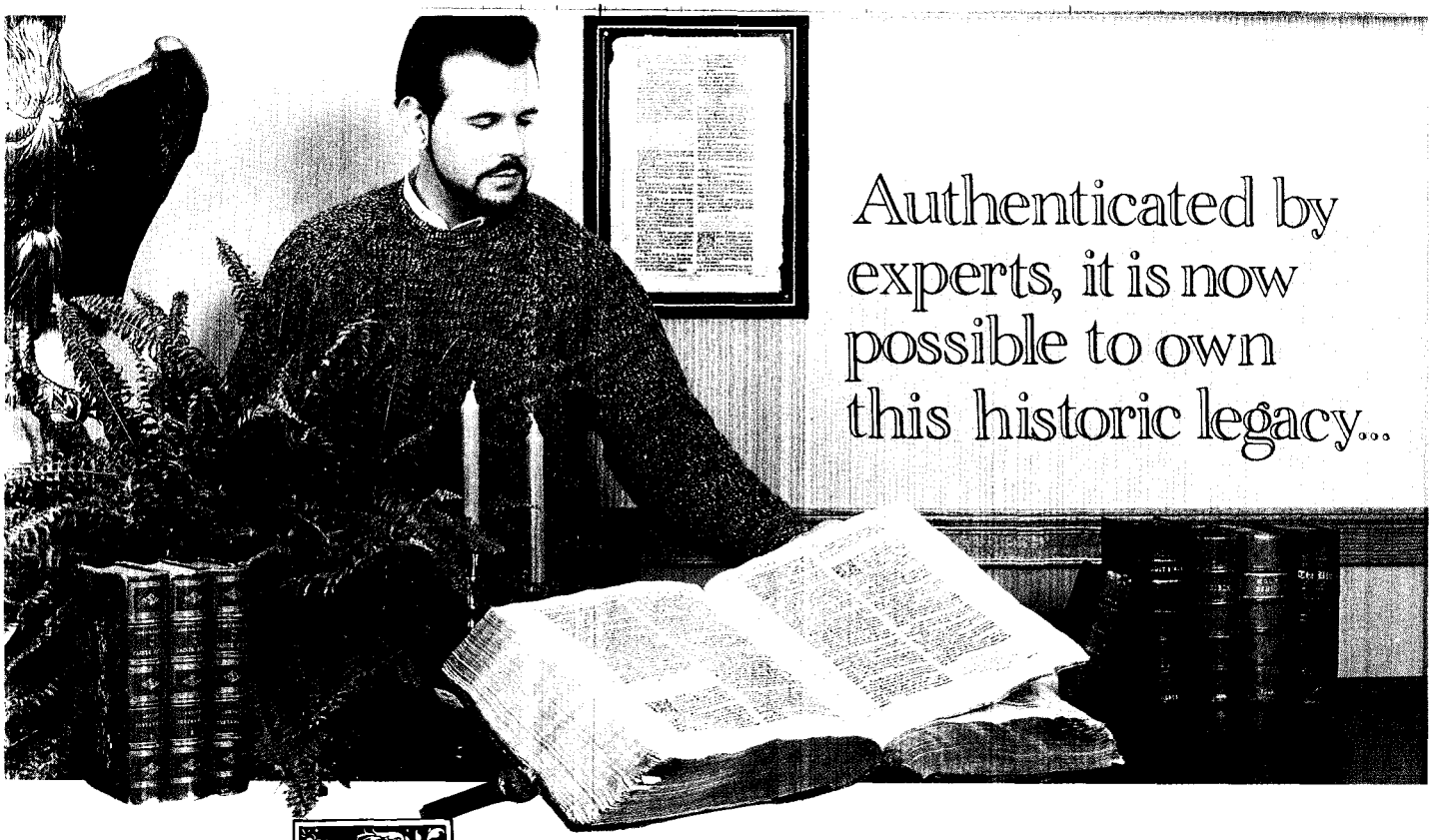

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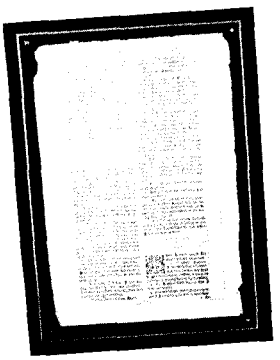

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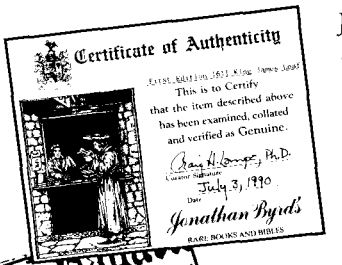

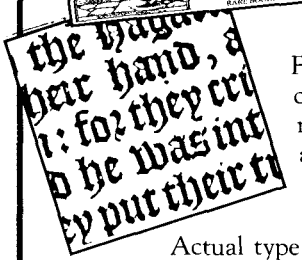

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contains an insect-growth regulator that prevents eggs on the pet from developing into adults. All these products must be applied evenly to the skin to be effective. Products containing Dursban will have some residual action if the dog is kept dry. Dursban products should never be used on cats or puppies.

2. *Flea collars*—Flea collars can be effective on cats and smaller dogs if changed frequently enough. Be sure cat collars have a stretch or breakaway feature for safety. Do not put them on too tightly, and watch closely for any signs of irritation under the collar. Herbal collars can have a repellent action but won't kill fleas. The latest studies with ultrasonic flea collars indicate they are ineffective. In addition, the noise they emit in the 40 kHz range is audible to both dogs and cats. There is speculation that this can cause behavior problems. At present their use cannot be recommended.

3. *Oral and systemic insecticides*—These are prescription drugs your veterinarian can give you for your dog. Fleas that bite the dog will die so that, over time, the flea population in your pet's area will decrease. The drugs must be used carefully under your veterinarian's supervision.

4. *Brewer's yeast, garlic, herbs, etc.*—Although some people claim good results feeding their pets brewer's yeast or garlic, no studies have ever confirmed such benefits. These dietary supplements certainly can't do any harm and can give your pet healthier skin and hair that can better withstand flea attacks. These products can be obtained from your veterinarian, pet shop, or health food store. Other flea repellents include cedar chips, black walnut leaves and twigs, pennyroyal, and other herbs. These certainly do have some repellent action and can be used in conjunction with other flea-control measures.

5. *Premises sprays, foggers, and carpet powders*—These products treat the fleas living in areas your pet frequents. Sometimes it is easiest and best to have a reputable exterminator come regularly. If you choose to perform the extermination yourself, select products that have residual action and can kill the flea in the larval stages or keep the eggs from developing. Your veterinarian is your best source of information on products safe for pets and people. When using foggers, use one per room and follow up by spraying under furniture and along baseboards where foggers can't get. Daily vacuuming goes a long way toward controlling fleas. Carpet flea-control powders and insecticides inside your sweeper bag can kill the fleas and eggs in the carpet and those you vacuum up. Treat also the yard and other outdoor areas where your pet spends much of its time. Because fleas are adaptable and easily become resistant to insecticides, you may have to change products periodically.

6. *Flea traps*—Homemade or commercial flea traps help snag some adult fleas and can help if used with other measures.

7. *Insect growth regulators (IGRs)*—These products hold a lot of promise to give us an edge in the flea war. Look for products that contain *methoprene* or *fenoxycarb*. Fenoxycarb is stable outdoors, whereas methoprene is not. Neither product will affect the pupal stage; in 6 to 8 days new adults will emerge. This doesn't mean that the product isn't working. The premises will need to be retreated with a product to kill adult fleas in 10 to 14 days. IGRs are safe for people and the environment.

Ticks

Ticks live by sucking blood from

continued on page 88

TICK-BORNE DISEASES

Tick paralysis—A toxin released by ticks can cause an ascending paralysis of dogs, calves, foals, and children. The condition starts as a hind-limb weakness and incoordination and can rapidly progress to a total paralysis. Removal of the offending ticks is usually curative.

Lyme disease—Lyme disease hit the media as *the* disease of 1989. It has been found in 43 states. Many species of animals as well as man have been affected. The disease starts with a rash (in people, not animals), high fever, loss of appetite, swollen lymph nodes, and general body stiffness and reluctance to move. Delayed treatment can lead to serious complications of the joints, kidneys, nervous system, and heart. Diagnosis is often difficult, and testing is not yet reliable early enough to be of much help.

Rocky Mountain spotted fever—Despite the name, this disease is common to the eastern two-thirds of the country. Like Lyme disease, a high fever with loss of appetite, depression, and lethargy are usually seen. Prompt treatment is necessary.

Canine Ehrlichiosis—Symptoms are similar to those of other tick-borne diseases. Prompt treatment is necessary to avoid future complications.

"I'm Arnold Blackwell. This is my wife, Darlene Payton, and this, of course, is Fifi Blackwell-Payton."

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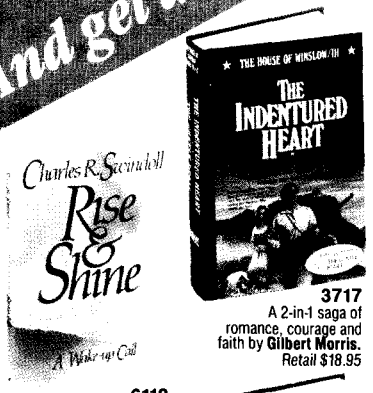

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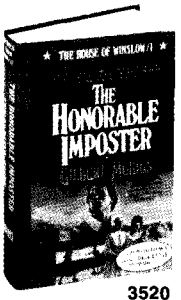

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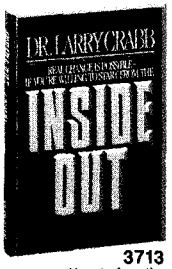

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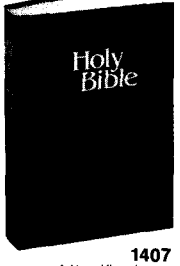

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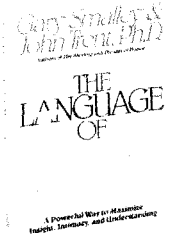

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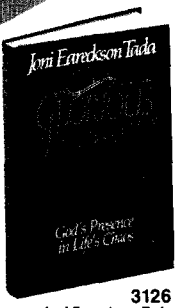

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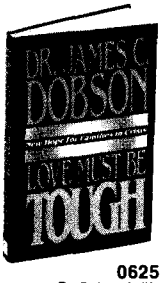

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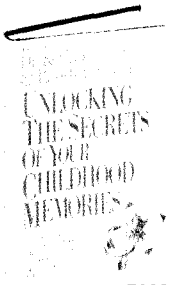

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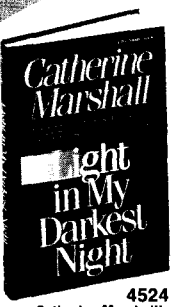

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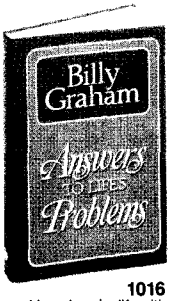

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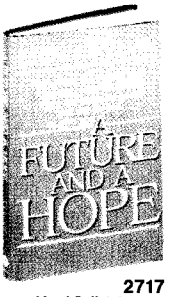

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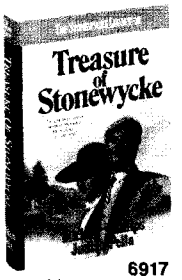

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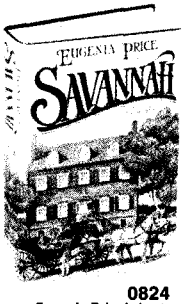

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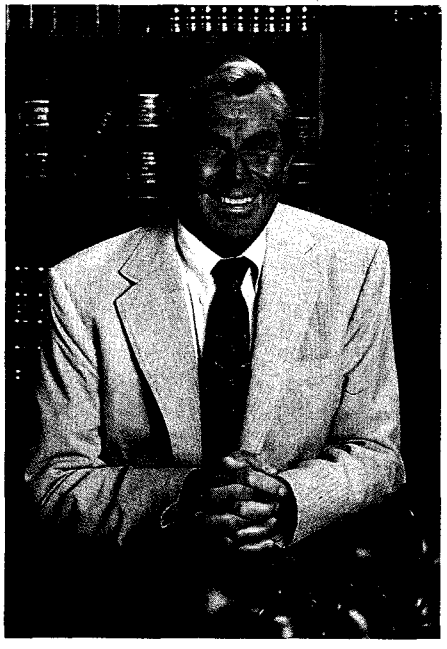
Post People

Andy Griffith's spur-of-the-moment monologue, "What It Was, Was Football," had record sales of more than 800,000 copies. His first Broadway appearance in *No Time for Sergeants* made him a star overnight. The "Andy Griffith Show," which lasted eight years, was the highest-rated program on television when it went off the air. "Matlock," the hit NBC-TV show starring Andy Griffith, has now finished its fourth season.

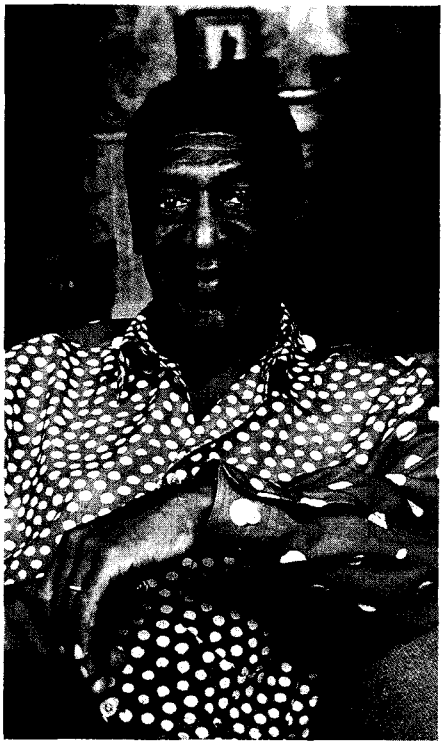


Perhaps his greatest triumph, however, has been in recovering from Guillain-Barré syndrome, a rare neurological disease for which there is no known cure.

"I thought I'd never work again," Griffith says. But seven months later he discarded his full-leg braces and went back to filming "Matlock." "I really owe God a lot," he adds. "I was given a gift, and I try to respect and hone it and work on it. That's how I try to pay the good Lord back."

If you are lucky enough to grab ***Bill Cosby***'s latest album, *Where You Lay Your Head, Volume One*, you'll probably be laughing all the way to the cashier. But be forewarned—Cosby, the all-time biggest comedy-album seller, wants his fans to know that this latest project is nothing to laugh at.

Jazz albums are not new to the comedian, but in this one, five of the intriguing melodies he picks out single-note style on the piano.

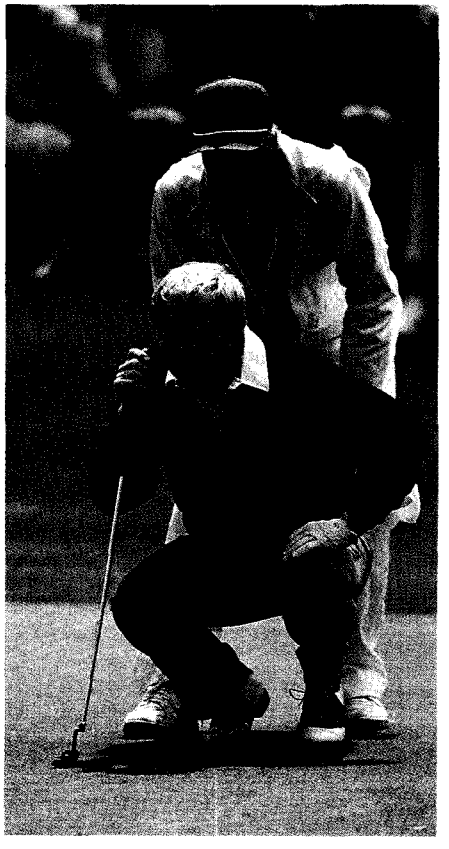


"I expect a lot of criticism from people who'll say this is a bunch of junk," Cosby comments. "But that doesn't bother me, because there is no god of music. I just don't want people picking up the album thinking it's a comedy album."

It has taken more than two decades of active Republican politics, heavy international volunteer work, and serious diplomacy for ***Shirley Temple Black*** to blur the image of the once-fabled, curly-topped, dimpled moppet of yesteryear. But her giant leap from Little Miss Marker to Madame Ambassador has been made without a stumble.

Already tapped by several presidents to serve her country, she was nevertheless "touched" that President Bush called her personally to offer the job of ambassador to Czechoslovakia—a job she accepted so quickly that Charles, her husband of 40 years, asked sharply what she was taking on now. Not until she hung up the phone did she tell him.

"After all," she says, "you can't put the President on hold."



If the word "senior" has held any stigma, ***Jack Nicklaus***, at age 50, definitely drove it out by dominating his first Senior PGA Tour event. After hitting the ball farther than anyone, hitting all but one fairway, and having to debag his putter but 28 times in the final round, Nicklaus said, "I didn't know how I'd react; I haven't been in competition in several years. Now I don't have to worry about winning my first senior event."

No, all Nicklaus has to worry about now is the other half of his lofty goal—to become the first golfer to win on the PGA Tour and Senior Tour in the same year.

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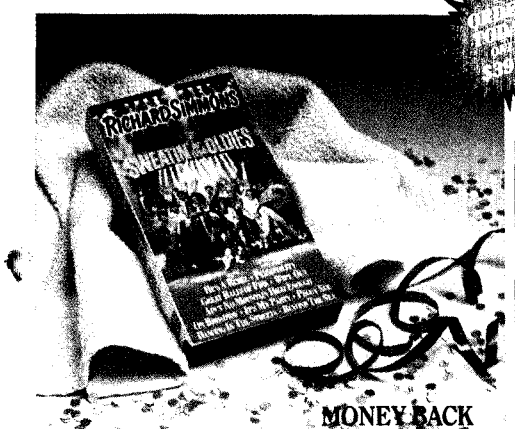

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THE SATURDAY EVENING POST

HEALTH COOKBOOK FOR FAMILY AND FRIENDS

Health Recipes For All Seasons

Cory SerVaas, M.D.
Charlotte Turgeon

New taste-tempting, low-fat, and low-cholesterol recipes. Healthful menus for spring, summer, fall, and winter, for just the family or for entertaining friends.

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New Health Cookbook Answers the Question: What Healthful Foods Dare We Serve Our Guests?

Does the duty of coming up with healthful dishes in good taste—especially on festive and guest-ive occasions—make you as nervous as a fly in a swatter factory? Do you stew about cholesterol, calories, preservatives, and all the other no-nos our current era is heir to?

Well, stew no more. Help is as close as the card or coupon on this page that will put the *Health Cookbook for Family and Friends* at your fingertips. And though there are many good things to be said for this charmingly illustrated 112-page volume stuffed with taste-tempting, low-cholesterol, low-fat health recipes, not the least of these good things is that the book can be yours FREE. (But we'll get to that.)

In this book, saturated fats are replaced with polyunsaturated or monounsaturated fats; olive oil becomes a favorite; egg whites or egg substitutes replace whole eggs; herbs and spices are substituted for sodium chloride; and so on. In short, these recipes are up-to-date with the latest scientific findings for good health. And your guests should know that the meal has been prepared with their health in mind. As the coauthor, Dr. SerVaas writes, "I trust that this book will help you plan many happy occasions when family members and friends can share good food and good fellowship around your table without endangering their health. *Bon appétit.*"

One's *appétit* can be nothing less than *bon* with such dishes on the menu as Sole in Walnut Sauce, Oat-Bran Banana Muffins, Charcoal Chicken, Chicken-Stuffed Pasta Shells, Stuffed Fillet of Sole—but you may be stuffed already—and many, many more.

All it takes to have this book delivered to your door is a new subscription or a subscription renewal to *The Saturday Evening Post* for one, two, or three years (three years being the best bargain).

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SPEAKING OUT

PLANNING FOR A CROWDED PLANET

Population control could be accomplished at substantial savings by paying 13- to 53-year-old females not to have children.

by Noel Perrin

Illustrated by Don Trawin

Sometime in 1987 world population hit 5 billion. Sometime a little before 2000 it will hit 6 billion. Sometime around 2010. . . . Obviously, growth like this can't continue indefinitely. We'll run out of parking space for all the cars. We'll run out of flight paths for all the airplanes. We'll eventually run out of essentials like food. A country like Nepal has already run out of firewood.

But how do you stop the relentless increase of humanity, currently proceeding at the rate of almost 2 million a week? Well, the most interesting idea I've heard is to do it with money. More specifically, bank accounts. One for every woman in the world.

Forget the rest of the world for a minute: here is how the plan would work in the United States. Every girl, when she reached puberty, would notify her local population center. (These sunny offices had better be staffed entirely by women—well-paid ones, too.) At that moment a financial clock would start ticking.

If the girl went the next year without a baby, she would get a government check for $500, placed in the bank account the population center now opened for her. She could take it all out and spend it on angora sweaters, if she wanted. She could leave it in as the beginning of a fund for college. Whatever she liked. The next year, if she still hadn't had a baby, the government would increase the sum by a hundred, so that her second check would be for $600. Think of her as about 14. The year after, she would get $700. A young woman reaching the age of 20, and

A pleasant little extra income for the sex that has historically been underpaid.

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still not having had a child, would receive a check for around $1,200. No fortune, but worth having. Available without any discrimination of any kind. A Miss du Pont, an ordinary kid in Topeka, an intending nun, a teenage prostitute, all would get their checks.

Suppose the young woman *wants* a child, though. There's nothing to stop her, except a little financial self-interest. If at 21 she proceeded to have a baby, fine. Let's have a baby shower. The government payment, however, would abruptly drop to zero. But then, if she did not have another baby the next year, back would come a check for $500. If she went two years, she'd get $600, and so on up the modest pay ladder. A pleasant little extra income for the sex that has historically been underpaid.

Great Bargain

What would all this cost? In the case of women who never do have children, plenty. Start at 13 with a check for $500, and if you reached menopause at 53, you would by then be getting $4,500. To that point, you would have received a total of almost $100,000. A lot of money. But still a bargain. A great bargain. The same hundred thousand is about half the cost of bringing up one abandoned child in New York City. It's less than a fifth the cost of bringing up one psychologically disturbed child in a group home in the District of Columbia. The total cost the first year would be about a billion dollars in payments to girls, maybe 2 or 3 billion to set up the centers. The total cost the fifth year would be around $10 billion. The cost wouldn't level off for about 40 years—and when it did, it would still be less than what we now pay as welfare. And most of the money would flow back out to stores or get turned over to college bursars.

Do I possibly exaggerate when I say that when the plan was in full operation, and every woman in the United States between puberty and menopause receiving her check, the cost would still be less than that of the current welfare system? I don't think I do. Try looking in the *Statistical Abstract of the United States*. Look at the table called "Social Welfare Expenditures Under Public Programs." The current figure is $770 billion a year—$298 billion in state and local money, $472 billion from the federal government. That table covers many things, including VA hospitals. So turn to a more modest table, the one called "Cash and Noncash Benefits for Persons with Limited Incomes." Here the total is $114 billion, all federal money.

The same hundred thousand is about half the cost of bringing up one abandoned child in New York City.

Or if you want to look from another direction, consider this. If a woman on Medicaid has a baby in 1990, that baby (if it has no problems) is going to cost the taxpayers $5,250 just in its first two years. If the mother is new to Medicaid, it will cost a good deal more—around $8,500. These figures are from the Guttmacher Institute.

Such a plan would be much harder to implement in, say India, where most people don't have bank accounts and where the government would be hard-pressed to find the funds. But it wouldn't be impossible. Such payment could be the first-ever democratic form of foreign aid—putting money directly in the hands of women, rather than in the pockets of businessmen and bureaucrats. Furthermore, India has found ways in the past to pay men to have vasectomies. There is local money too. Why not spend it on the right sex—the one that actually bears the children?

Of course, there are problems with such a plan. Men will object to all this money going to women, money being power. There are bound to be accusations of racism, even though the offer would be voluntary, universal, and totally color-blind. There being no precedent (though there's plenty of precedent for the opposite case: governments paying women to *have* children), it would be hard to get started. The more stolid type of politician will call the plan impossible, utopian, dreamy, absurd.

But consider the alternatives. One, of course, is to go on exactly as we are—adding a billion people every few years until there is no more tropical forest, no more oxygen-carbon dioxide balance, no more space, and our world collapses in disaster. Another possibility is nuclear war. A third (the likeliest, I expect) is mandatory birth control, starting one country at a time, with all the repression that implies. The repression is already there in China. And with the rigid immigration restrictions imposed by countries that have started early against those that start late. Maybe even with population wars. How much more graceful and life-enhancing to do it all with checks.

continued on page 96

Noel Perrin, who has written for the New Yorker *and* New York *magazine, is a professor of English at Dartmouth College.*

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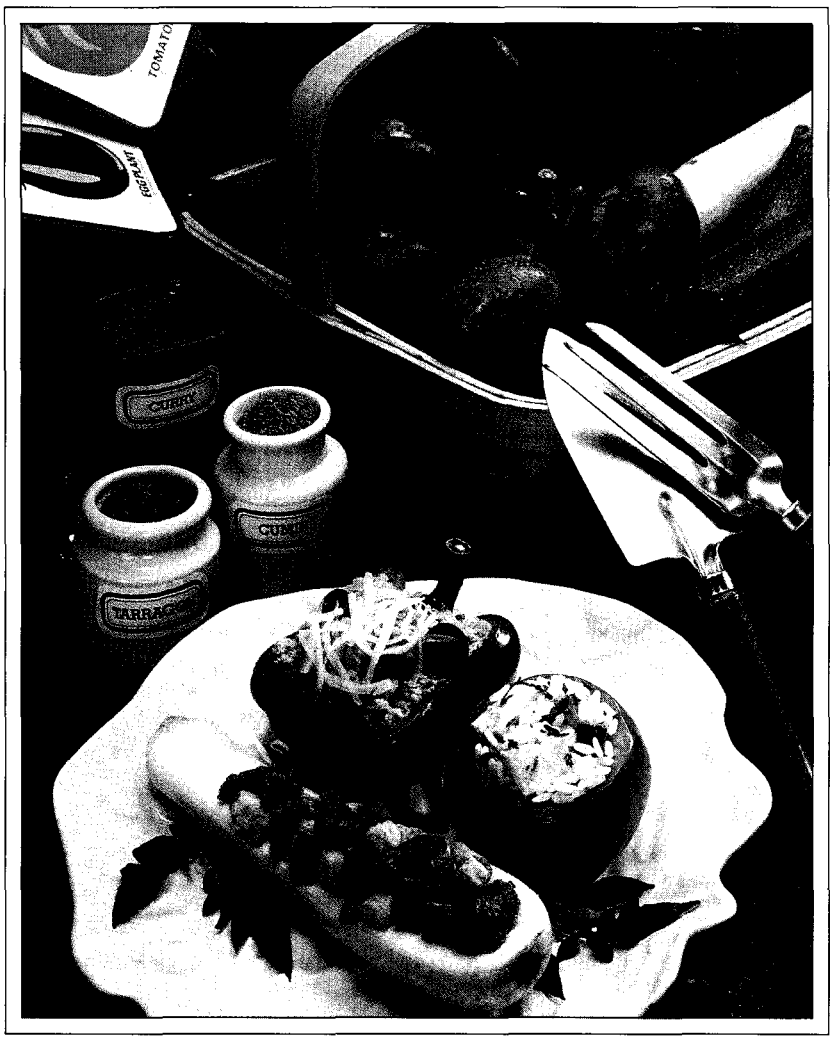
SPICY STUFFED VEGETABLES

Dolmas, traditional vegetable dishes of the Middle East, bring a hint of the exotic to summer meals.

by Habeeb Salloum

Stuffed vegetables have been a favored food in the Middle East and the Balkans for centuries. In Arabic, they are called "dolmas," meaning "something stuffed." Although the ancient Greeks were known to fill leaves of fig, hazelnut, and mulberry trees, as well as many other vegetables, dolmas' point of origin is open to debate. Greeks, Turks, Syrians, Arabs, Uzbeks, and Turkomans—all people who at one time were part of the vast Ottoman Empire—all boast traditional variations on dolmas as part of their national cuisines.



Turkish upper classes transformed the simple dolma into the grand gourmet cuisine, befitting the lavish tables of sultans and aristocratic households, by stuffing their veggies with expensive meats. The nonmeat fillings were frowned upon as food fit only for peasants. But the poor, as always, improvised their own variations on the royal theme, minus the meat that was beyond their means. Zeroing in on the vast variety of nonmeat stuffings, the peasants produced wholesome stuffed vegetable creations that emphasized the subtle flavors produced from the fusion of the leaves, spices, and vegetables. Today, the peasants' low-fat, low-cost creations continue to prove much more wholesome, economical, and heart healthful than their noble counterparts, and they boast a seemingly endless variety.

In our constant search for something different, we find that dolmas offer a hint of the exotic while celebrating the bounty of the season's freshest produce. Besides stuffed cabbage, familiar to most American tables, almost any other edible vegetable or leaf is an ideal candidate for experimentation. Mushrooms, cabbage, zucchini, grape leaves, or pepper—the exciting variety of vegetables guarantees that no dinner need be dull.

The next time you are stumped for a little something different, "stuff it" with delicious and healthful dolmas.

Stuffed Carrots

(Makes 8 servings)

A similar dish called zanahorias rellenas *is prepared in the Latin-speaking lands.*

12 large carrots, 3-4 pounds, scraped and washed
1 1/2 cups soft white cheese, any type
4 tablespoons olive oil
2 medium onions, finely chopped
1 small sweet pepper, finely chopped
1 small hot pepper, finely chopped
4 cloves garlic, crushed
4 tablespoons tomato paste
1 teaspoon salt, if desired
1/2 teaspoon pepper

Place carrots in pot and cover with water. Cook until somewhat tender. Remove from heat and allow to cool. Remove carrots but reserve broth.

Cut each carrot lengthwise and scoop out heart. Chop scoopings and reserve.

Fill with cheese, then firm the pieces together with toothpicks. Place in casserole and set aside.

Heat oil in frying pan. Sauté onion, sweet pepper, hot pepper, and garlic over medium heat 10 minutes. Stir in remaining ingredients, including carrot broth (add water to make 3 cups) and scoopings. Pour frying pan contents over carrots in casserole. Bake in 350° F. preheated oven 40 minutes or until carrots are well-cooked.

Stuffed Potatoes

(Makes 6 servings)

6 large baked potatoes, about 3 pounds
2 tablespoons olive oil
1 medium onion, chopped
2 cloves garlic, crushed
2 teaspoons powdered coriander

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1/2 small hot pepper, finely chopped
1/2 cup crumbled feta cheese
1 teaspoon paprika
1/2 teaspoon salt, if desired
1/2 teaspoon pepper

Cut off tops of potatoes. Scoop out; leave 1/4"-1/2" shells. Set shells aside and reserve scoopings.

Heat oil in frying pan. Sauté onion, garlic, coriander, and hot pepper over medium heat 10 minutes. Allow to cool. Stir in 2/3 of scoopings and remaining ingredients to make stuffing.

Stuff potato shells and place in baking pan. Cover with aluminum foil and bake in 300° F. preheated oven 30 minutes. Serve hot.

Stuffed Mushroom Appetizer
(Makes 6 servings)

1 pound large mushrooms, thoroughly washed
2 tablespoons olive oil
1 small onion, finely chopped
2 cloves garlic, crushed
1/2 small hot pepper, finely chopped
4 tablespoons pulverized almonds
2 tablespoons fine bread crumbs
1/2 teaspoon tarragon
1/4 teaspoon salt, if desired
1/4 teaspoon pepper
1 egg, beaten

Remove mushroom stems. Finely chop stems, and set both caps and chopped stems aside.

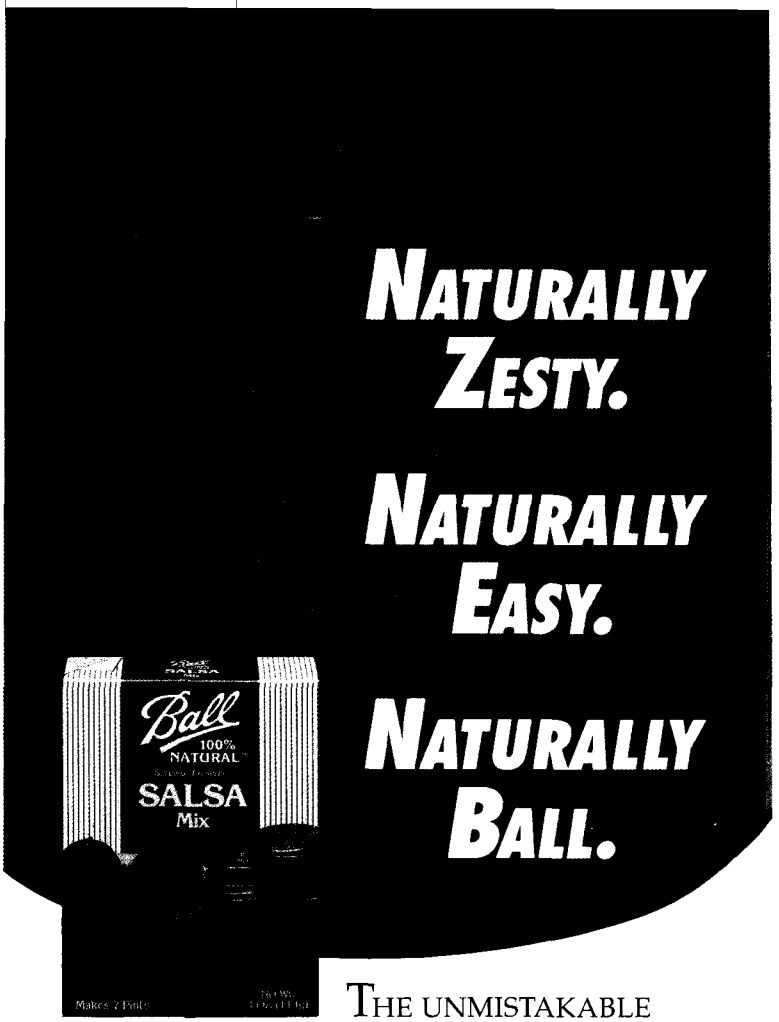
Heat oil in frying pan. Sauté onion over medium heat 5 minutes. Stir in chopped stems, garlic, and hot pepper, then sauté an additional 10 minutes. Remove from heat and allow to cool. Stir in remaining ingredients except mushroom caps to make stuffing. Fill mushroom caps heaping full, and place in greased baking pan. Bake in 300° F. preheated oven 20 minutes. Serve hot.

Chickpea and Rice Stuffed Cabbage Rolls
(Makes 10 servings)

Meat-filled cabbage rolls are the most widely eaten of all the stuffed vegetables, but this vegetarian version is an excellent substitute.

1 large head cabbage, 4-5 pounds
2 cups cooked chickpeas
1 cup brown rice
1 small bunch green onions, finely chopped
2 cups stewed tomatoes
1/2 cup finely chopped fresh mint
4 tablespoons olive oil
2 teaspoons powdered coriander
1 teaspoon pepper
1/2 teaspoon allspice
1/2 teaspoon nutmeg
1/8 teaspoon cayenne
1 1/2 teaspoons salt
8 cloves garlic, chopped into large pieces
1/2 cup lemon juice

Place cabbage in pot of boiling water, and cook a few minutes to soften leaves. Loosen with knife from bottom.



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Trim thick ribs. (If inner leaves are not soft, boil again a few minutes.) Set leaves aside.

Combine remaining ingredients except 1/2 teaspoon of salt, garlic, and lemon juice to make stuffing. Place some stuffing, depending on size of leaf, on wide end. Roll; tuck in ends while rolling. Continue until all leaves are stuffed.

Cover bottom of saucepan with trimmed ribs. Arrange rolls side-by-side in alternating layers; place garlic pieces between rolls. Sprinkle remaining salt over top and add lemon juice. Cover with inverted plate. Add enough water to barely cover plate.

Bring to boil. Cover saucepan and cook over medium heat 1 hour or until rice is done. Serve hot or cold as main course or for snacks.

Stuffed Zucchini

(Makes 8 servings)

16 small zucchini, about 5" long
1 cup fine noodles, broken into very small pieces
1 large onion, finely chopped
4 cloves garlic, crushed
4 tablespoons grated Parmesan cheese
4 tablespoons olive oil
4 tablespoons pulverized almonds
2 teaspoons powdered coriander
1 teaspoon pepper
1 teaspoon salt, if desired
1 teaspoon oregano
1/8 teaspoon cayenne
2 cups tomato juice mixed with 1/2 teaspoon nutmeg

Cut off stem ends of zucchini and reserve; core zucchini. (Corer can be bought from Middle Eastern stores.) Set aside.

Combine remaining ingredients except tomato juice to make stuffing. Fill zucchini and close with inverted stem ends. Secure ends with toothpicks.

Arrange zucchini tightly in saucepan. Add tomato juice and enough water to cover zucchini. Bring to boil. Cover saucepan; cook over medium heat 1 hour. Serve hot with sauce.

Stuffed Tomatoes

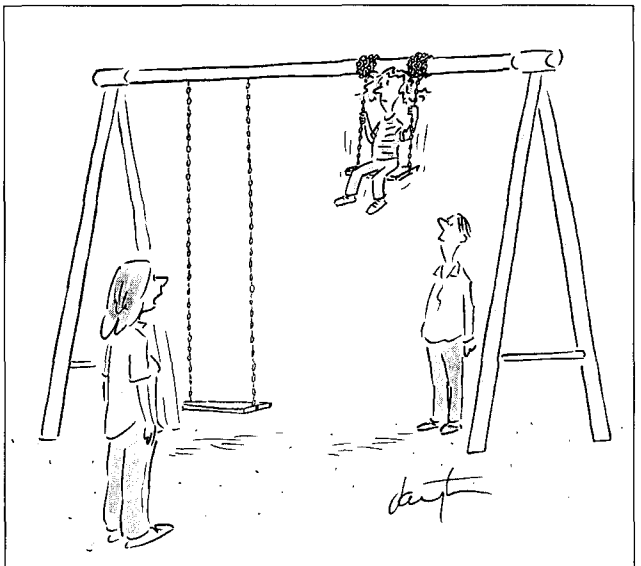
(Makes 8 servings)

The stuffing for this recipe can also be used to stuff sweet peppers or a mixture of tomatoes and peppers.

8 medium firm tomatoes
3/4 cup rice
1 small onion, finely chopped
2 cloves garlic, crushed
1/2 cup crumbled feta cheese
2 tablespoons olive oil
1/2 teaspoon pepper
1/4 teaspoon salt, if desired
1/8 teaspoon cayenne
1 cup water mixed with 1 teaspoon basil

Cut out stem ends of tomatoes and reserve. Scoop out pulp and reserve. Set both aside.

Place rice and 1 1/2 cups water in saucepan; bring to boil. Cover; cook over medium-low heat 20 minutes.



"Gently, Roger. Swing her gently."

Remove from heat and allow to cool. Stir in remaining ingredients except mixed water to make stuffing.

Fill tomato shells; replace stem ends. Arrange side-by-side in casserole.

Combine mixed water and tomato pulp, then pour over tomatoes. Bake in 350° F. preheated oven 1 hour. Serve hot with sauce.

Stuffed Turnips

(Makes 8 servings)

Kohlrabi may be substituted for turnips.

8 medium white turnips, about 4 1/2 pounds, trimmed and washed
1 cup pulverized almonds
1 medium onion, finely chopped
1 tablespoon margarine
1 teaspoon pepper
1/2 teaspoon salt, if desired
1/2 teaspoon ground ginger
1/8 teaspoon cayenne
1 1/2 cups water mixed with 2 teaspoons finely powdered coriander leaves, 1/2 teaspoon salt, 1/2 teaspoon pepper, and 1/2 teaspoon garlic powder

Place turnips in pot and cover with water. Bring to boil and cook over medium heat 10 minutes or until turnips are half-cooked. Remove from heat and discard water. Cut off tops and scoop out to about 1/4" shells. Reserve tops.

Combine remaining ingredients except mixed water to make stuffing. Fill turnips and secure tops with toothpicks. Place in casserole with cut top up. Pour in water mixture.

Cover and bake in 350° F. preheated oven 1 hour or until turnips are well-done. Serve hot with sauce.

Note: To make side dish, cook scoopings further, mash, and add butter and spices.

Stuffed Grape Leaves

(Makes 10 servings)

Swiss chard, kohlrabi leaves, or other vegetable leaves may be substituted for the grape leaves.

1 pound jar grape leaves
1 cup lentils, soaked overnight and drained
1 cup brown rice
2 medium onions, finely chopped
2 medium tomatoes, finely chopped
4 cloves garlic, crushed
1/4 cup finely chopped fresh mint
4 tablespoons olive oil
1 teaspoon salt, if desired
1 teaspoon pepper
1/2 teaspoon allspice
2 cups tomato juice mixed with 1 teaspoon oregano

Thoroughly wash out salt from grape leaves and set aside.

Make stuffing by combining all remaining ingredients except tomato juice. Place approximately 1 tablespoon stuffing on each leaf, depending on size. Roll; tuck in ends when rolling. Continue until all leaves are rolled.

Place any extra leaves on bottom of saucepan. Arrange rolls side-by-side in alternating layers. Pour tomato juice

continued on page 91

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◆MY GIFT TO YOU◆

Are you agonizing over a tough decision?

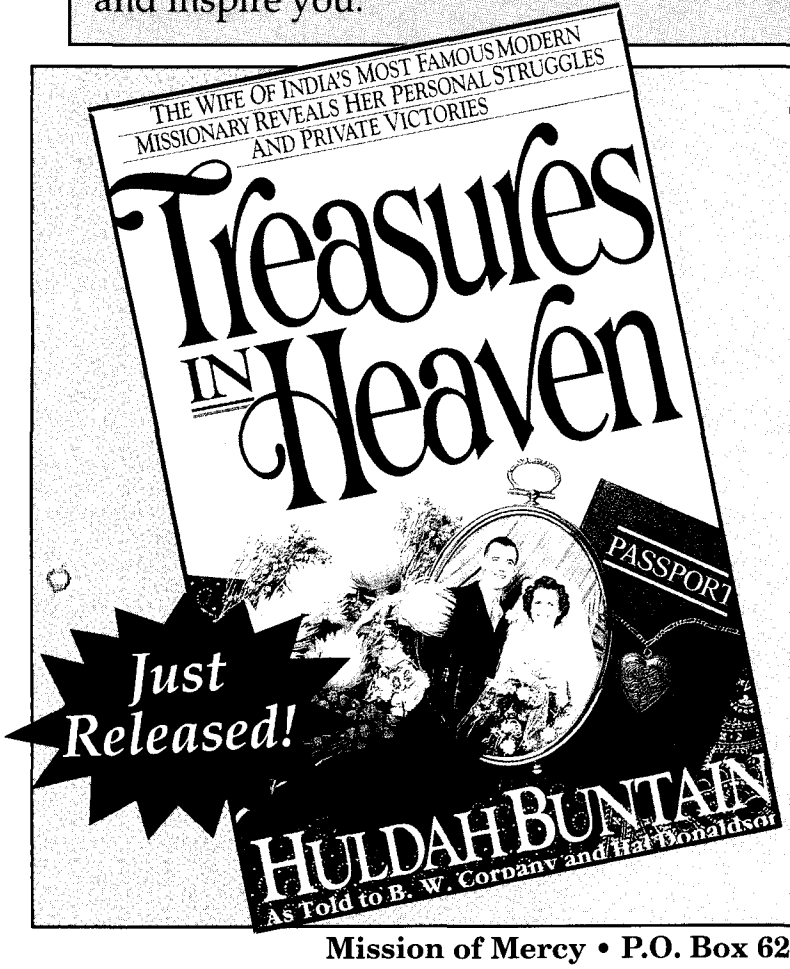
Are you grappling with God's call on your life?

Have you ever felt like dodging God's will?

You're not alone.

Huldah Buntain
Missionary to Calcutta

Huldah Buntain, wife of the late Dr. D. Mark Buntain, went to Calcutta, India, in 1954 to "spend a year" in ministry with Mark. Now, 35 years later, she directs the vast Calcutta ministries and has no plans to return home. Her story will bless and inspire you.


THE WIFE OF INDIA'S MOST FAMOUS MODERN MISSIONARY REVEALS HER PERSONAL STRUGGLES AND PRIVATE VICTORIES
Treasures IN Heaven
PASSPORT
Just Released!
HULDAH BUNTAIN
As Told to B. W. Corbany and Hal Donaldson

YES, HULDAH–

☐ Please send me my reserved copy of *Treasures in Heaven.*

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"WHAT HAPPENS WHEN I DIE?"

A mother's answer to a dying child's question.

by the Rev. Dr. Ray Probasco

Editor's note: "If anything happens to me, Mom, ask Ray to do the service," 18-year-old AIDS victim Ryan White said when he was admitted to an Indianapolis hospital for the last time before his death.

"Ray," in this case, is the Rev. Dr. Ray Probasco, the youthful pastor of the First United Methodist Church in Pendleton, Indiana. The two had become good friends several years earlier when Probasco served as associate minister at St. Luke's United Methodist Church in Kokomo, then attended by Ryan; his mother, Jeanne; and his sister, Andrea. Ryan had agreed to visit Dr. Probasco's church in late April to talk with the congregation about what the Christian community can do in support of AIDS victims.

It was a date Ryan could not keep.

In the eulogy, Dr. Probasco included a favorite story about how one mother explained death to her young son, a story Dr. Probasco has found particularly comforting to families who have lost children to terminal illnesses.

Jeff Atteberry/The Indianapolis Star

There's a story told about a mother and her young son. He was different from most young boys his age; you see, he had a terminal illness, and now all he could do was sit and watch as other children his age were able to go outside, laugh, and run and play.

One day he and his mother were reading a story about Sir Lancelot and the Knights of the Round Table. As they read the story the subject of death was brought up, and the little boy stopped his mother right there and asked, "Mom, what's it like to die?"

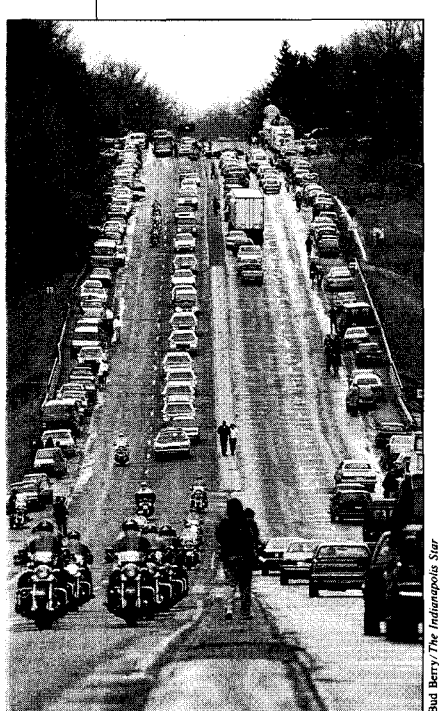
Suddenly, the tears welled up in her eyes and she quickly hurried from the room, for she didn't want her young son to see her cry. She raced to the kitchen and leaned heavily against the cool refrigerator door and whispered a prayer to God: "Oh, please, Lord, help me."

She knew that the question was vital to her young son's faith and it had to be answered truthfully and now. In an instant, she had her answer and went in and sat by her son. She said, "Remember how when you were younger, you would go outside and play all day with the other children?"

"Yes," he said.

"And remember how when you came in, sometimes you would run to Mom and Dad's room, and there fall asleep on our bed, and in the morning you would wake up in your own room and you didn't know how you got there? Your dad with his big strong arms, after you had fallen off to sleep, would take you and put you in your room. Dying, sweetheart, is just like that. You fall asleep, and your heavenly Father, with His big strong arms, comes and takes you to your heavenly home."

Ryan White fell asleep and woke up in his heavenly home on Palm Sunday, April 8, 1990.



Bud Berry/The Indianapolis Star

Motorcycle policemen led the long procession to the cemetery.

Jeff Atteberry/The Indianapolis Star

Ryan White was an inspiration to many. Hundreds attended the funeral at Second Presbyterian Church in Indianapolis to say good-bye to the young man whose battle with AIDS had touched America's heart.

Frank Espich/The Indianapolis Star

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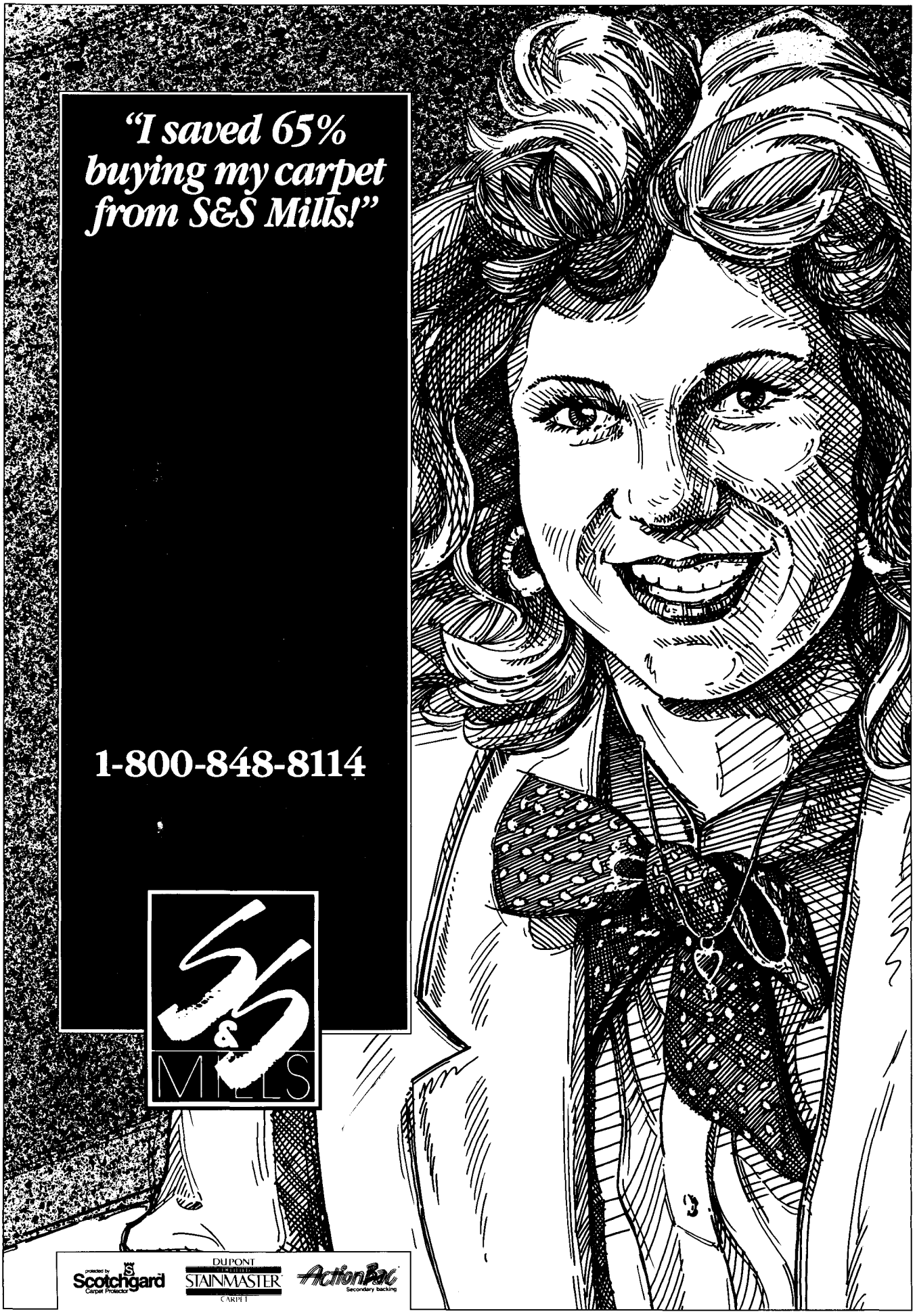

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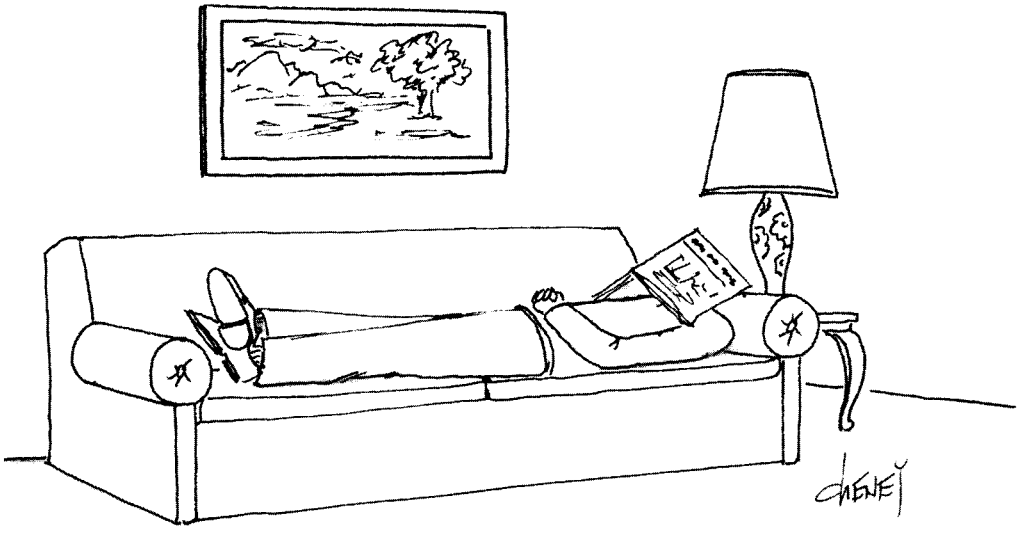
LIKE SANDS THROUGH THE HOURGLASS...

"Oh, sure. They all want to be grandmothers. Then as soon as you're pregnant, they retire to Florida."

"Actually, I don't know how to act my age. I've never been my age before."

"Me? Retired? Where did you get that idea? I just got a new boss, that's all!"



Martha and the kids having gone visting for the weekend, it wasn't long before Richard was up to his usual mischief.

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What If One Of These Children Were Yours?

If you lived where children are hungry—in the Third World or even in the U.S.A.—chances are that a child like one of these really would be yours. And if you had to live surrounded by poverty and disease, there would be little you could do to change their desperate circumstances.

The girls and boys you see here found CCF sponsors recently through a national newspaper appeal. But there are more than 45,000 other children on our waiting list who need sponsors urgently. Many go to sleep hungry. Or sick. Or unable to attend school.

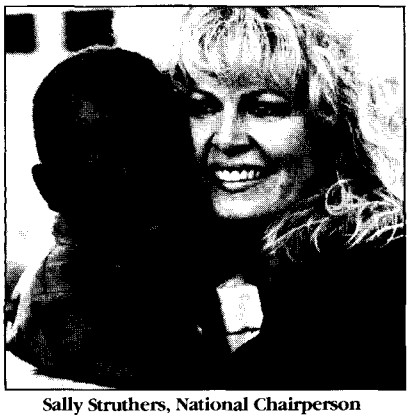
But you can help change all this. You can reach out to a needy child like one you see here. When you do, you'll be giving the youngster hope. And that's what Christian Children's Fund is all about.

To sponsor a child like one of these, please fill out and return the coupon. Or phone (toll-free): 1-800-776-6767. Just give the operator the number (in the photo's upper left-hand corner) of the youngster most similar to the one you want to sponsor. Within 10 days, we'll send you the child's photograph and family background.

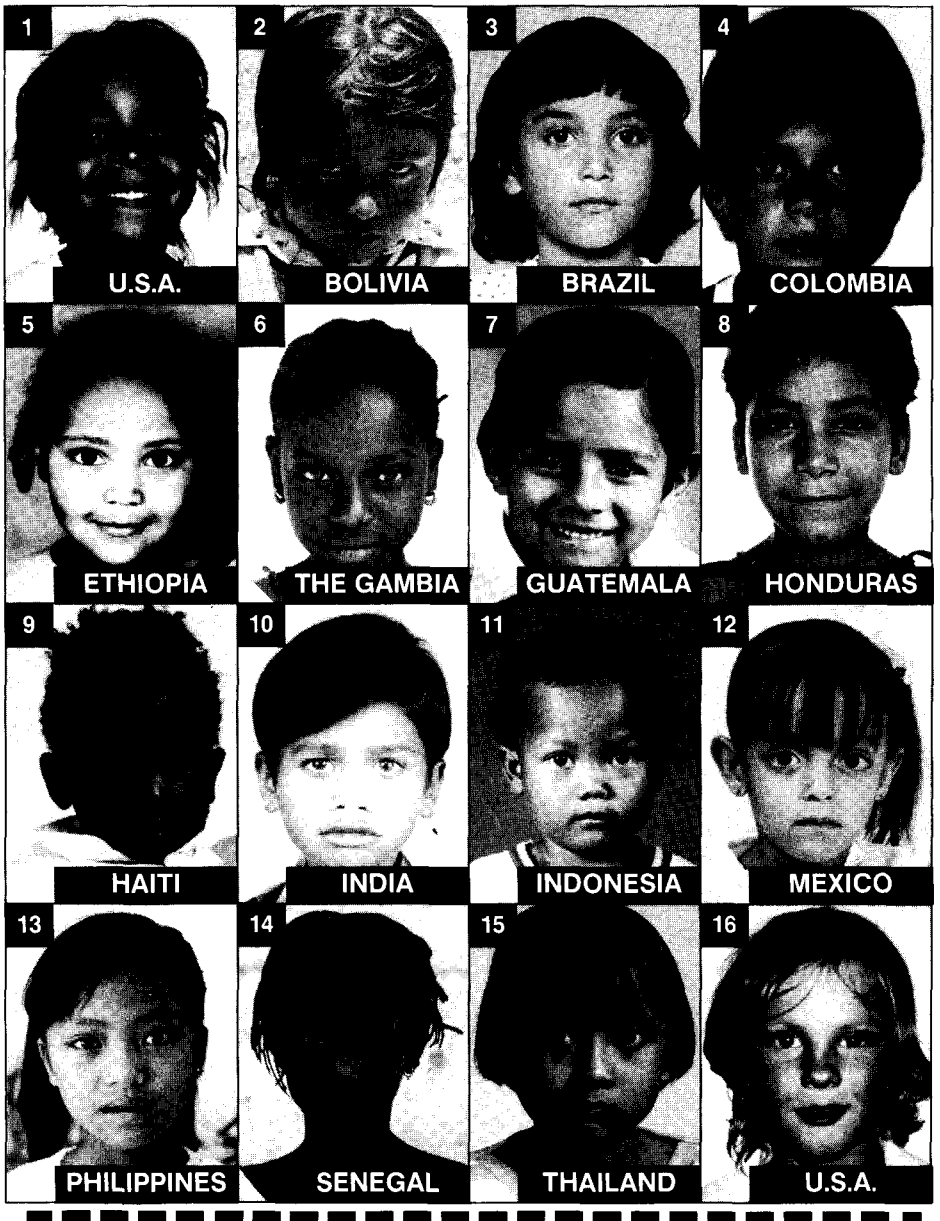
There are so many waiting to be helped. Your $21 a month (70¢ a day) will go a long way toward improving a child's life. If one of these children really were yours, wouldn't you want that to happen?

CCF Phone Service Center
Open Monday through Friday
8:00 a.m.-4:30 p.m. Eastern time.

1-800-776-6767



Sally Struthers, National Chairperson



Sally Struthers, National Chairperson
CCF, Box 26511, Richmond, VA 23261

☐ I want to sponsor a ☐ boy ☐ girl ☐ either similar to the child whose photo number is circled at right. Enclosed is my first monthly $21. Please send photo and Sponsor Kit. (To sponsor more than one child, circle additional numbers.)

☐ I want to learn more about the child assigned to me first. If I accept the child, I'll send my first monthly $21 within 10 days. Or I'll return the material so someone else can help.

☐ I can't sponsor a child now but I'll give $_____ to help poor children.

1	2
3	4
5	6
7	8
9	10
11	12
13	14
15	16

Name _____

Address _____

City _____ State _____ Zip _____

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Gifts are tax deductible. Statement of income and expenses available upon request.

NSAP70

Christian Children's Fund, Inc.

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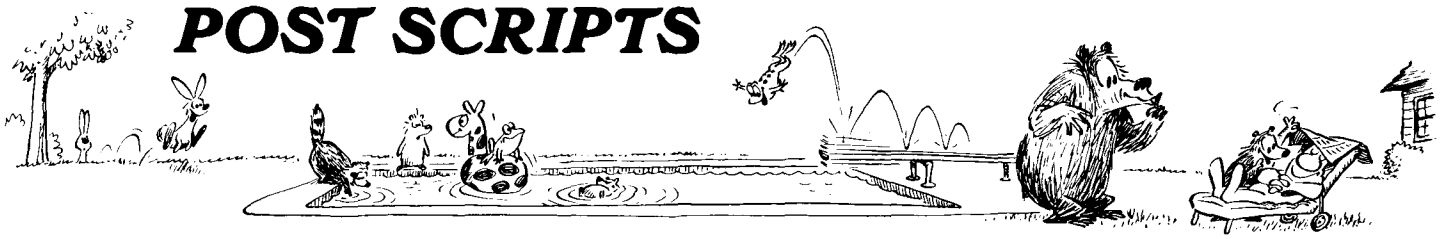


Tender Reflections

Lullabies and baby toys
Have long been put away,
But memories of those simple joys
Are in my heart to stay.

No earthly fortune could replace
The happiness I've known
As I've held each tiny face
And watched them as they've grown.

The years fly by with just a glance
With no time to delay
The moment children take a chance
And go off on their way.

Great wealth I'd give without a tear
And bequeath it to another,
For I have treasures far more dear
Because I am a mother.

—Barbara Karachalios

Mrs. Who?

He was so absent-minded that on his wedding night, when he was signing the hotel register, he forgot his bride's married name.

—C. M. Ashby

Bottom Side Up

Our three-year-old nephew went with his dad to see a new litter of kittens. He returned, breathless, to report the number to his mother.

"There are two boy kittens and two girl kittens," he said.

Prompted by curiosity, his mother asked, "How did you know that?"

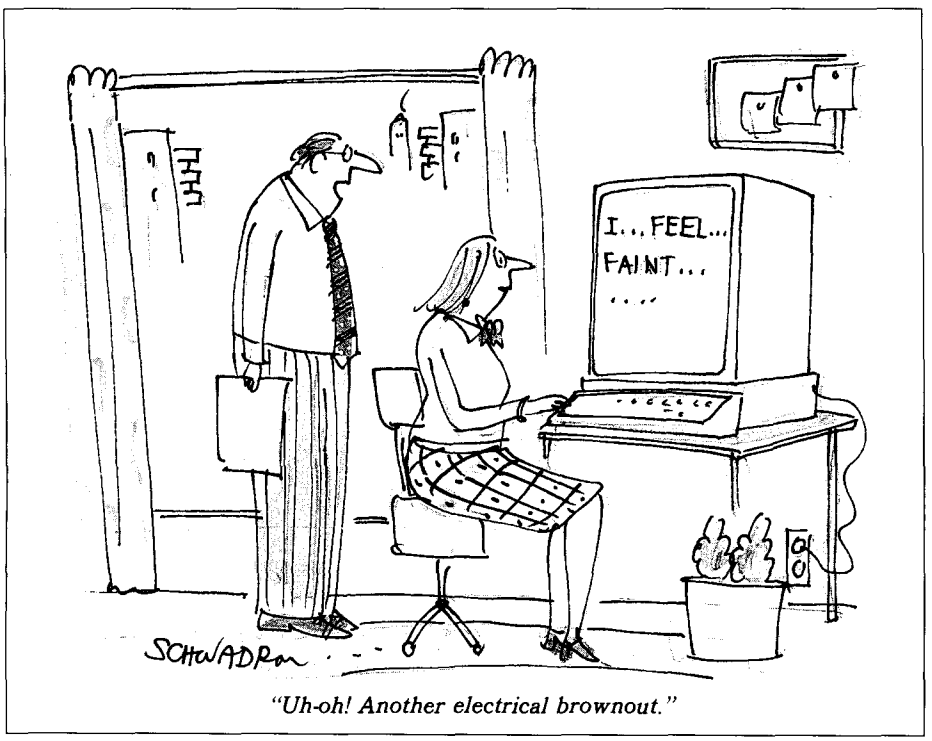
"Daddy picked them up and looked underneath," he replied. "I think it's printed on the bottom."

—Pearl Scully

Headless Hair

For baldness this formula
I finally found:
Green persimmon juice, one pint;
powdered alum, one pound.
Blend these into paste,
and carefully spread
This mixture all over
the top of your head.
It won't grow more hair
nor your hairline renew,
But it will shrink your head
till what you have will do.

—Redding Webb



"Uh-oh! Another electrical brownout."

Reunion

We raise a festive glass or two
Recalling with a happy sigh
Days when you were really you,
And I was really I.

—May Richstone

Hello, Locksmith?

Unlike my noble better half,
Who always knows what he's about,
I have this vexing tendency
To lock keys in and lock me out.

Shut out once more from car
and house,
I vow to mend my keyless way,
By keeping spares in pocketbook
To unlock house and Chevrolet.

But still, despite my good intent,
I'm on the outside in chagrin.
I've locked the car and left the keys
In my handbag there within.

—Ruth E. Lancaster

Two Points of View

On a trip to London, I went to a recommended shop to buy my about-to-be-married niece an heirloom gift of antique silver. I was greeted by a tall, somber man in a morning coat.

"I'm looking for an unusual piece of silver," I said in my most dignified voice.

"This way, please, medem," he said.

He led me into a small salon at the back of the shop and proffered a gray velvet stool. (It matched his spats.)

"Does medem have any specific ideas?" he asked without interest.

"Perhaps something of historic import," I suggested.

I eliminated a piece at a time until two were left.

"This one," I said, lifting a heavy, long-handled stuffing spoon, "what year did you say this was made?"

"In 1776, medem," he said and sighed.

"Ah," I said, smiling up at him, "that was a good year."

He rose to his full height, glared balefully at the spoon, and responded, "For *you*, medem."

—Penny Abrams

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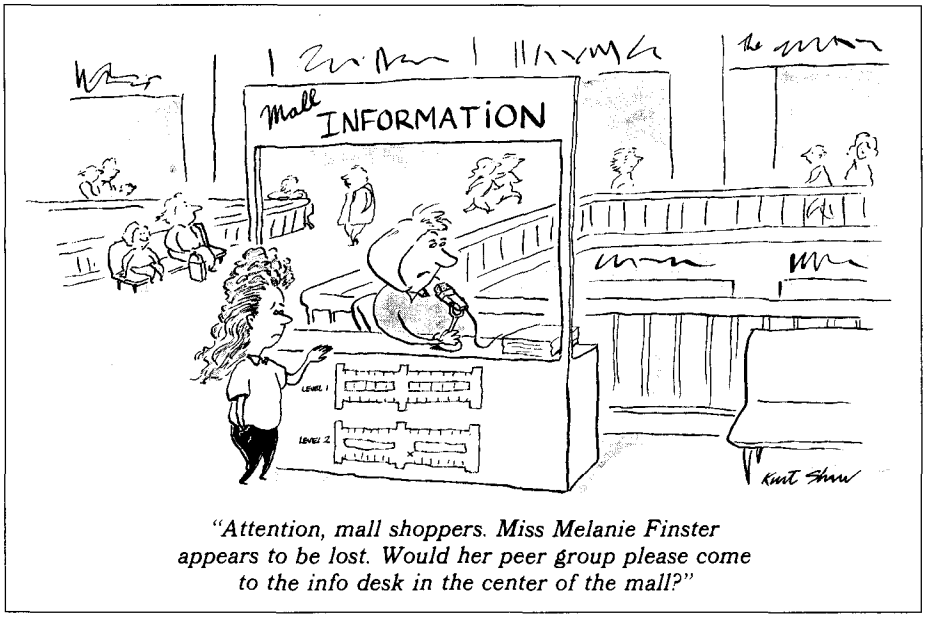


"Attention, mall shoppers. Miss Melanie Finster appears to be lost. Would her peer group please come to the info desk in the center of the mall?"

The Dutiful Wife

The old man was a miser
Who hungered after wealth
But in his quest for money
He failed to guard his health.

One day from his deathbed
He beckoned to his spouse
And told her of a million bucks
He had hidden in the house.

He asked to be buried with his money
So she quickly opened an account.
And on the day he died
She whipped out her pen
And wrote him a check for the exact amount.

—Leeuna McNeese

Trusting the Heirs

As a wealthy Texas oilman sat down to Thanksgiving dinner with his seven married children, he chided them for not giving him a grandchild. "But I haven't given up hope," he said. "Yesterday I went over to the bank and set up a trust fund to be given to my first grandchild. Now let's all bow our heads while I say grace."

When the man looked up, he and his wife were the only ones left at the table.

—JoAnn Ridings

Balancing Act

A customer whose checkbook was a mess phoned his bank for help. "What balance do you show?" the clerk asked.

The customer said, "I asked you first!"

—Mary Umberson

Adults at Play

What's the difference between a kindergarten class and an Elks convention? Adult supervision.

—Bert Lee Hudson

Makes a Lot of Cents

The difference between eating out and dining out is about ten dollars per person.

—Frank Walsh

Perfect Vibrations?

A woman complained to the builder of her new house that the whole place shook when trains went by a block away. "Why, the vibration practically shakes me out of bed!" she said. "Don't take my word for it—lie down there yourself." With a resigned shrug, the man settled onto the bed.

It was then that the woman's husband suddenly appeared in the bedroom doorway. "Just what do you think you're doing?" he roared at the visitor.

The builder replied, "Would you believe waiting for a train?"

—Henry H. Dunagan

Positively Bad

"Here it is, sir," a young boy said nervously as he handed his report card to his father.

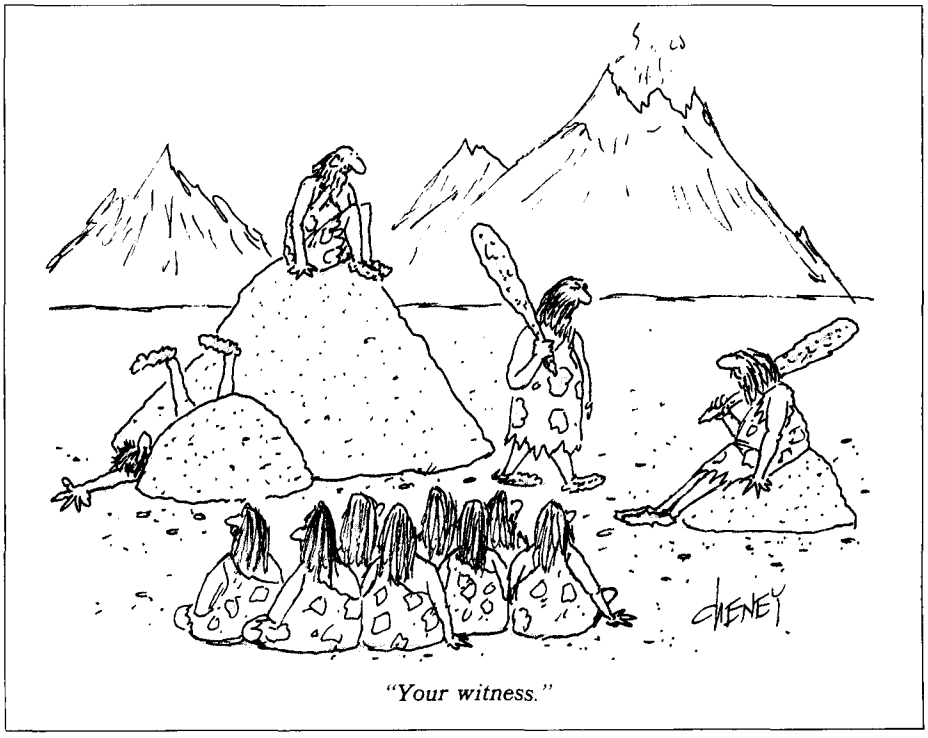
The father read the bad news and then said to his son: "There's one good thing in your favor. With grades like these, you couldn't possibly be cheating."

—Mrs. E. O'Brien

What Is Man?

A slave to whatever controls him.
(2 Peter 2:19)
A volume if you know how to read him.
(William Ellery Channing)
A piece of the universe made alive.
(Emerson)
The measure of all things.
(Protagoras)
A little lower than the angels.
(Psalms 8:5)

—Patricia P. Cox



"Your witness."

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Benjamin Franklin Award Winner

CAL TURNER'S GRASS-ROOTS APPROACH TO LITERACY

The grandson of the founder of America's oldest discount retail chain wants his customers to learn what his grandfather never had a chance to learn—how to read and write.

J. L. Turner's father, at the age of 33, had been killed at a wrestling match in Macon County, Tennessee. For little J. L., a third grader at the time, this marked the end of his formal education: he had to quit school to farm and support his mother and younger sisters and brothers.

But J. L. Turner was not to stay behind a plow for the rest of his working days. Although he was never able to go back to school, in 1939, J. L. and his son, Cal, on a shoestring budget and with a lot of common sense, founded J. L. Turner and Son Wholesalers. In 1956, Cal conceived the original dollar-store concept and opened the first Dollar General Store in Springfield, Kentucky. Today one of the oldest and most respected retail chains in America, Dollar General Stores number 1,400 in 23 states and produce annual sales of more than $600 million.

Happily, that success did not go to J. L. Turner's head. Rather, it went to his heart. He remembered well the embarrassment and the inconvenience of functional illiteracy. When Cal was in the fourth grade, he had more education than his dad. When J. L. bought another store, he took Cal with him to "pencil," or total, the store's inventory. (Cal went on to attend college.)

Realizing that what J. L. had accomplished at that time would be extremely difficult, if not impossible, in today's world for anyone with only a third-grade education, his heirs began rolling up the sympathetic sleeves of the Dollar General Stores to join in the fight against illiteracy in America.

And what a fight it is:

- More than 27 million Americans over the age of 17 are functionally illiterate.
- Another 47 million are literate on only the most minimal level.
- One out of every four ninth graders will drop out of school this year.
- Illiteracy costs the United States an estimated $225 million each year; the cost of crime due to illiteracy adds an estimated $6.6 billion.

Although these figures could excuse Dollar General personnel for hiding behind their counters and doing nothing about them, reducing those figures has become a major concern in the operation of today's Dollar General Stores.

"We recognize that our customers, primarily low- to low-middle income families, are among those most profoundly affected by the barriers of illiteracy and the lack of formal education," states Cal Turner, Jr., chairman and CEO of the national discount chain. "Rather than a traditional contribution, we chose to take a grass-roots approach and provide a service that would have direct, positive impact on their lives."

Thus, beginning in September 1987,

For Dollar General's efforts in combating illiteracy, then-President Ronald Reagan presented Cal Turner, Jr. (right), the Presidential Award for Private Sector Initiative.

continued on page 96

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GET WEIGHT OFF AND KEEP IT OFF FOR GOOD WITH NORDICTRACK...

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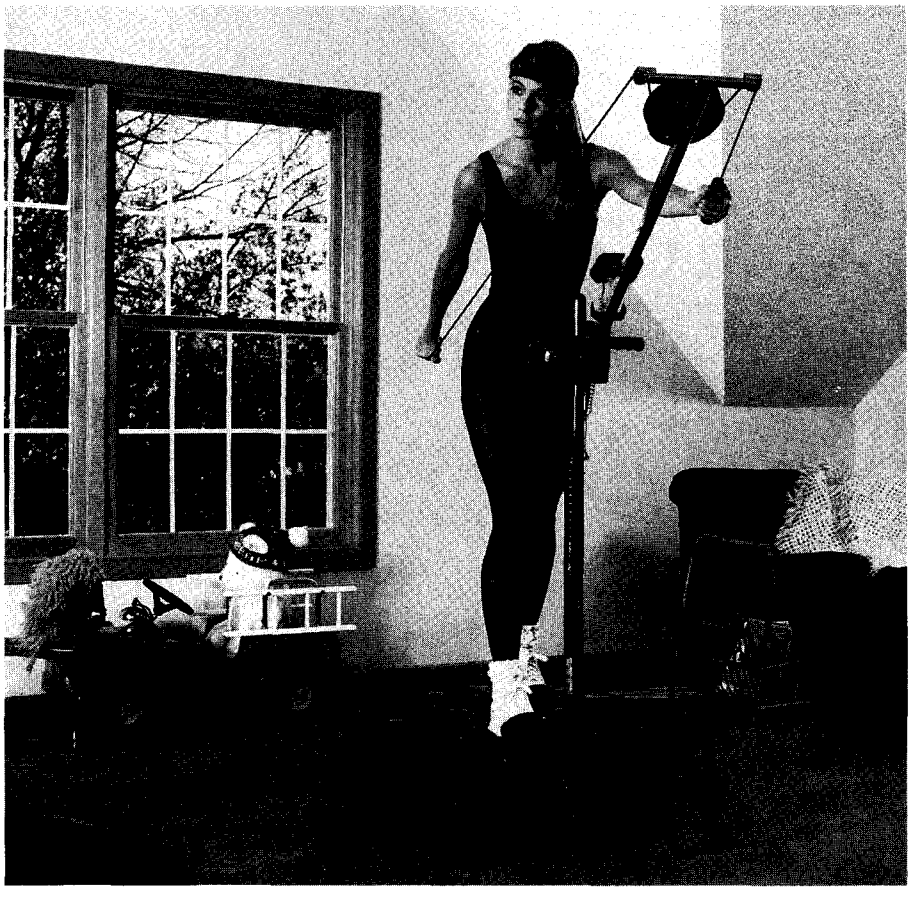
Fitness experts agree that cross-country skiing is the world's best aerobic exercise. And NordicTrack's patented design duplicates the smooth, rhythmic, total-body action of cross–country skiing to give you the world's best aerobic workout. Better than walking, running or any other in home exerciser. With NordicTrack you'll work more muscle groups and burn more calories in less time than with an exercise bike, rower, treadmill or stairclimber. Up to 1100 calories per hour.



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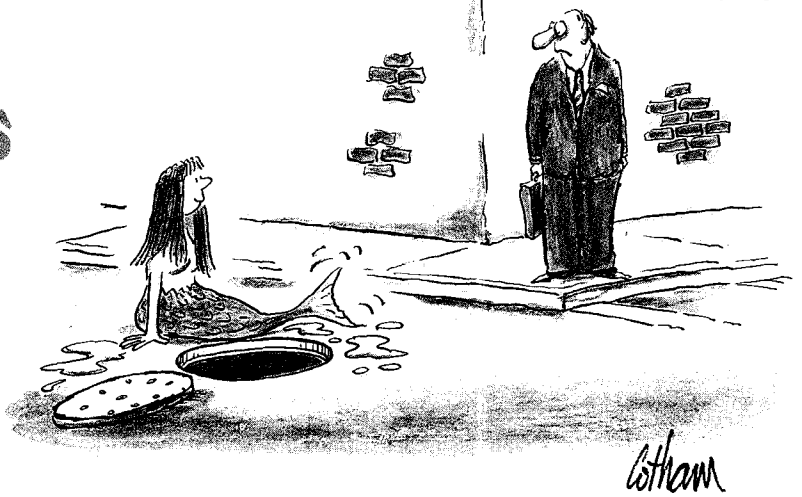
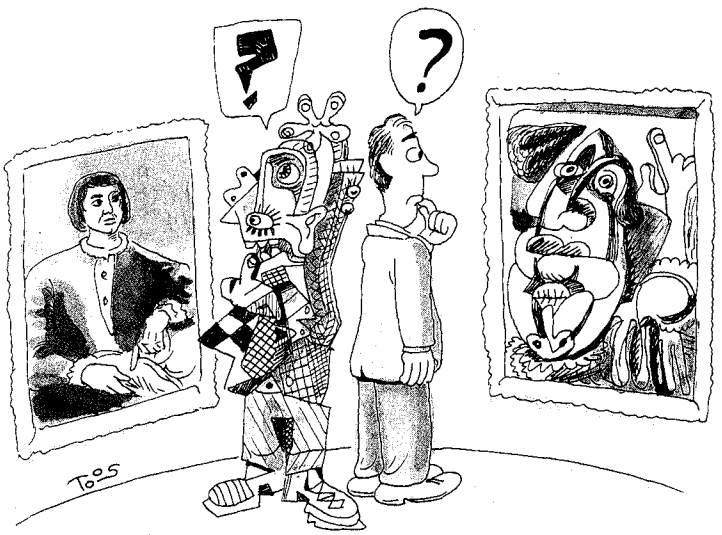
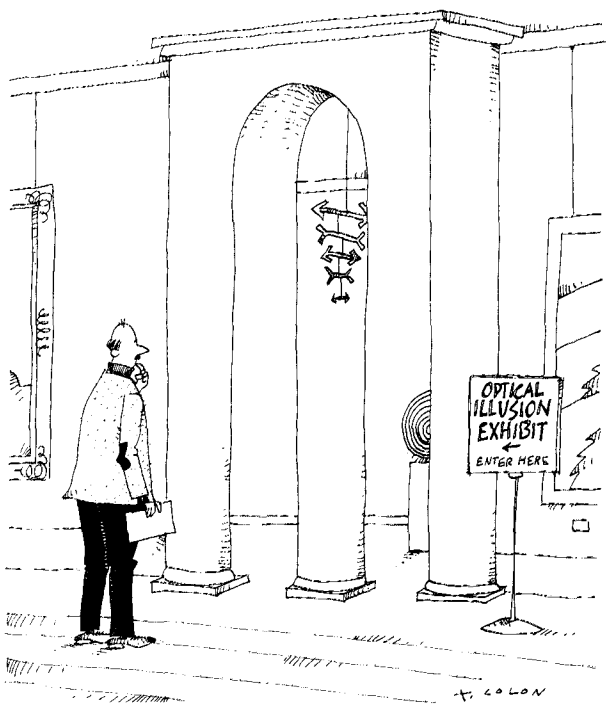
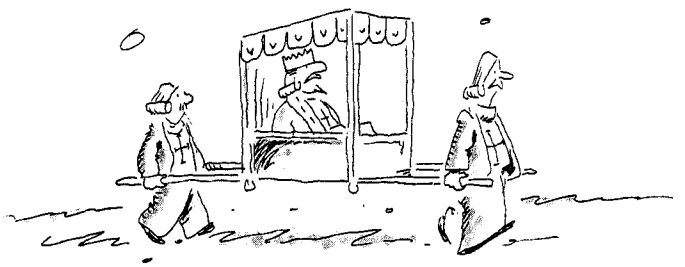
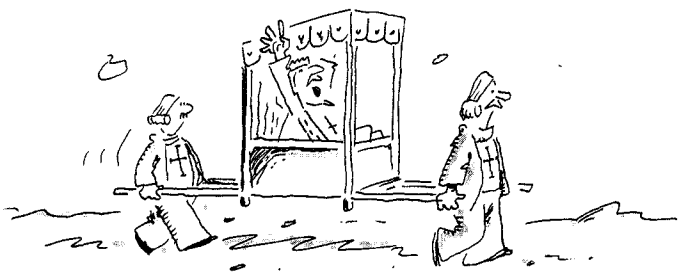
NOT ALWAYS AS THEY SEEM

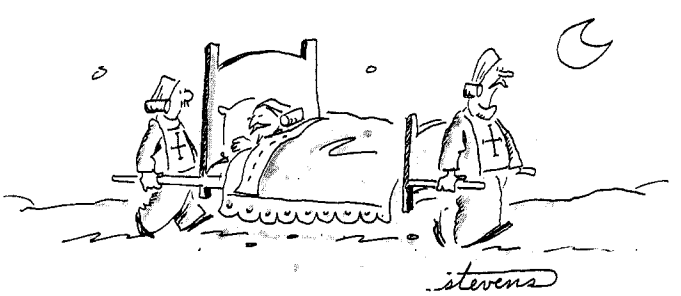












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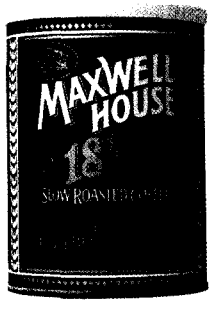
INTRODUCING A BRAND NEW COFFEE MADE WITH
STUBBORN OLD-FASHIONED PRIDE

¶ Introducing Maxwell House® 1892™ Slow Roasted Coffee—inspired by the good old days and made that way, too. To coffee lovers everywhere it promises the unique taste experience of the lusty flavor and aroma of plain, old-fashioned coffee—the kind that doesn't just happen overnight.

¶ Thankfully Maxwell House has both the patience and experience to produce coffee the old-fashioned way. And if all that experience has taught us anything, it is that slow roasting is the traditional way to extract the full flavor and aroma of high grade beans. Slow roasting is a labor of love that can take anywhere up to six times longer than is common practice these days.

SLOW ROASTED



¶ The result, however, is an uncommonly good cup of coffee—one that is both lusty and satisfying without being bitter. So even though it takes a little longer, and costs a little more to make an old style coffee as good as Maxwell House® 1892,™ it's time and trouble well spent, as a trip to your market will confirm.

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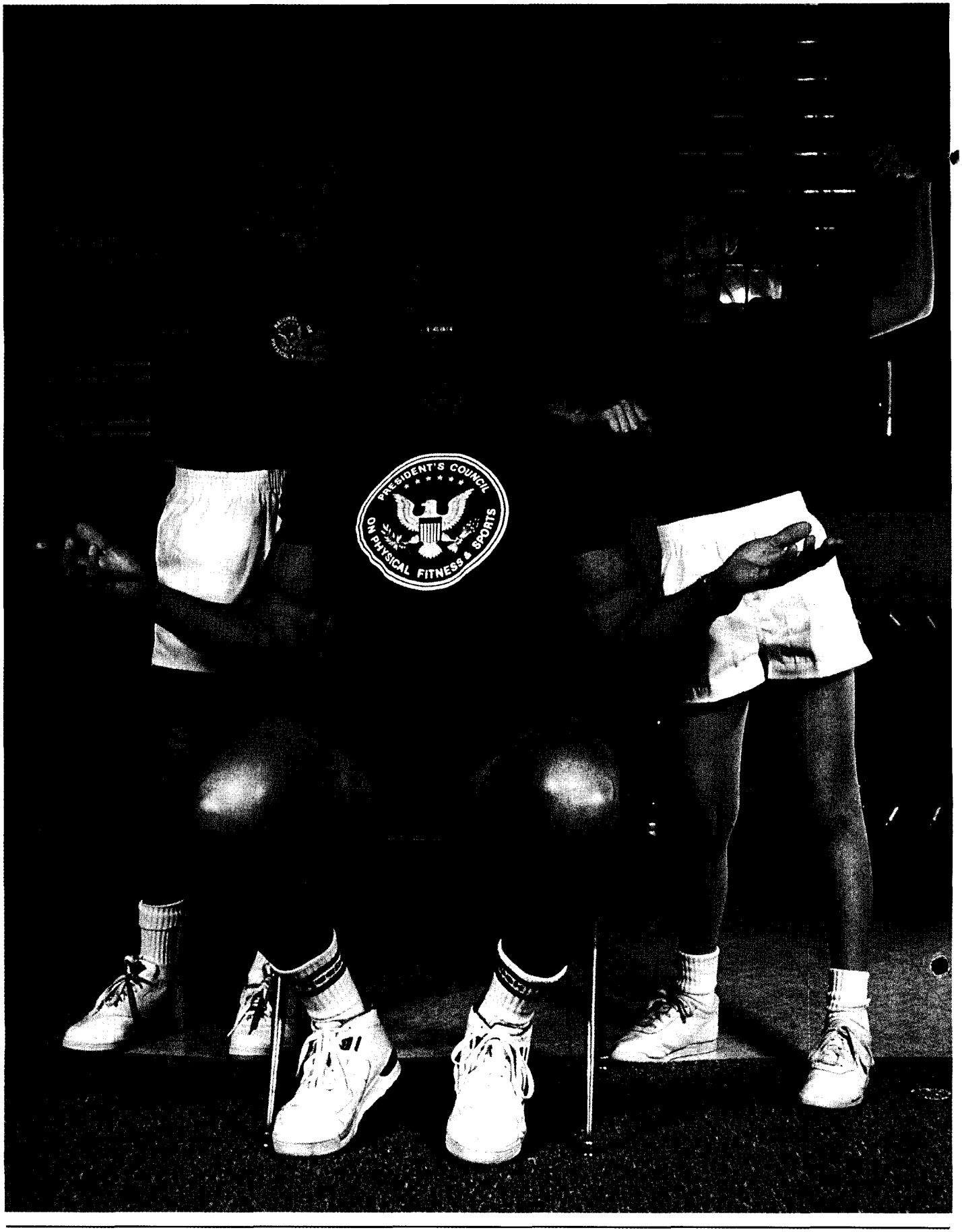

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MARKETING FITNESS WITH THE PRESIDENT AND ARNOLD SCHWARZENEGGER

No one thought it could be done, but when the President said, "Yes, go for it," Arnold overcame enormous obstacles to fill the White House south lawn with sport celebs, amateur athletes, and a grand launch.

by Maynard Good Stoddard and Cory SerVaas, M.D.

Had an autograph collector seen the fog lift from the dew-covered White House south lawn that early morning, he might have had good reason to believe he was still dreaming.

Yes, that is Mary Lou Retton, the Olympic gold-medal gymnast. Standing next to Arthur Ashe are Sam Snead and Jane Blalock. There are Bruce Jenner, Scott Hamilton, and Dorothy Hamill with Jackie Joyner-Kersee, Pam Shriver, Ernie Banks, and Brooks Robinson. And over there are Eric Dickerson . . . Jack LaLanne . . . Peter Vidmar . . . Carl Lewis . . . weatherman Willard Scott . . . Louis Sullivan, secretary of Health and Human Services, our nation's top health and fitness man . . . people from the military . . . from elementary schools . . . from Special Olympics . . . senior citizen centers . . . and more. . . .

Hey! What goes on here?

No one better to ask than the man with the bulging biceps who has called together this army of athletes and camp followers, with the blessing of President George Bush, whose grass it is they are trampling. But getting to the man won't be easy.

The crowd surrounding Arnold Schwarzenegger, tapped by the sports-minded President to chair the President's Council on Physical Fitness and Sports, is standing elbow-to-elbow. We hear him say that this is the first (the first annual, he stresses) Great American Workout, aimed at raising the consciousness of all Americans on the importance of good health through physical fitness. He is, in fact, challenging all couch potatoes to desert the divan and take up the banner "Fitness for the '90s."

"Fitness is fun, and fitness is for everyone," Arnold is saying. "We vant you all to pump up, to lose those extra inches, to get fit, and to begin *right now*!"

As we walk around to the 15 stations assembled on the south lawn of the White House, where the professional athletes and Olympic champions are waiting to show off the different sports and activities that they assure us will put the fun in fitness, we have time to consider what manner of man is this whom President Bush has entrusted with the physical fitness of flabby America. Who is this man who has among his priorities getting daily physical education classes back in schools and providing our young people with an alternative to drug and alcohol abuse? The man who wants the kids after school to turn off the Nintendo and turn on to squats?

Arnold Schwarzenegger remembers his early boyhood workouts in Graz, Austria, where he first began flexing his muscles. His father would make him do sit-ups and push-ups many

"Twins II" is how* USA Today *headlined its story on the Bush-Schwarzenegger duo. They paired to launch what promises to be the decade of physical fitness for Americans of all ages.

The minister of muscles doesn't need a movie script to bring down the house. Waiting for the arrival of the President, he ad-libbed: "The President isn't coming out because he doesn't think you are quite in shape. Come on now, he vants to see you fit."

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Star athletes who manned the 15 workout stations—representing everything from golf, football, baseball, and tennis to horseshoe pitching and the martial arts—join representatives from Special Olympics, elementary school children, singing stars, TV personalities, and top government officials for the Great American Workout in the President's backyard.

Says the President about his council chairman: "Arnold takes his job very seriously. When I bent over to kiss his baby daughter recently, she tried to bench-press me."

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mornings before mealtime. "This is the way to make sure you have earned your breakfast," the elder Schwarzenegger, a policeman who knew the value of staying physically fit, would explain.

Today, 30 years later, 42-year-old Arnold is himself a father. Last December, his beautiful and poised wife, the newscaster Maria Shriver, gave birth to an adorable pink-cheeked baby girl named Katherine Eunice, thus adding to the many reasons the new fitness chairman has eagerly espoused the benefits of earning one's breakfast.

"As a kid involved in sports, you learn a lot of things you are not aware of at the time," he says. "But later on you recognize them as discipline, how to deal with failure, camaraderie, and especially the value of having a goal, keeping the vision in front of you at all times, and going after it."

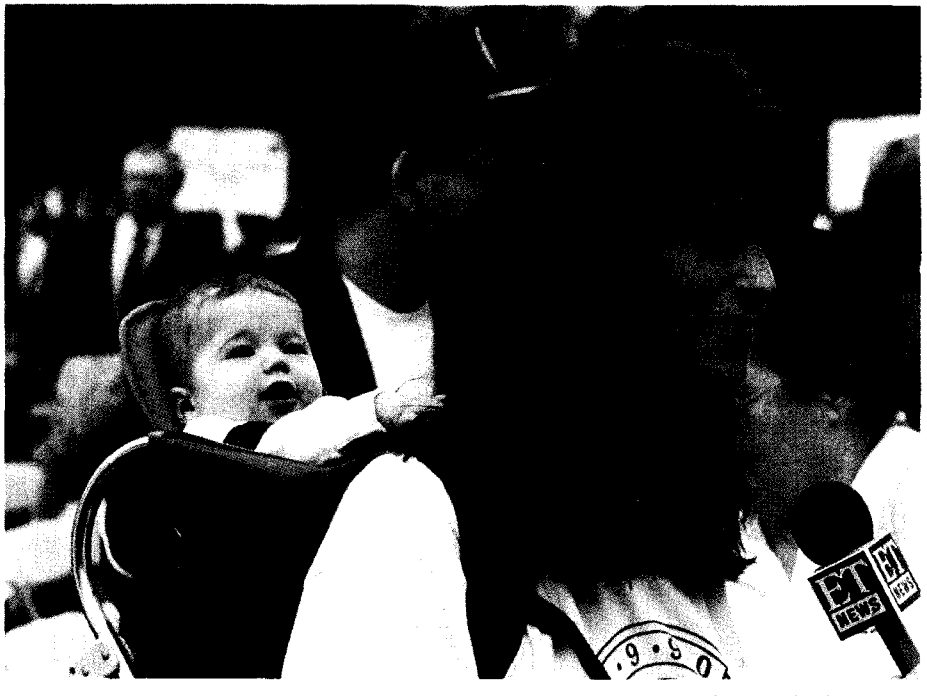
Seems like serious talk for the genial gentleman whose flashing smile is dispelling the fog from the White House lawn this morning. But then, this 200-plus-pound hunk is not your ordinary iron pumper. Bright and ambitious, he has a success story that millions of once-impoverished immigrants to our "golden door" have envisioned.

In 1968, this star-struck youth came to America determined to flex his 250-pound, 6'2" frame to the top of the bodybuilding profession. Spending a third of each day pumping iron paid off in a 57-inch chest, 22-inch biceps, and 28-inch thighs. These dimensions, in turn, paid off in seven Mr. Olympia and five Mr. Universe titles as the world's best bodybuilder.

It didn't take long before the screams from many admiring females reached Hollywood. The result was a series of box-office bonanzas (grossing nearly $1 billion in the '80s) that include *Pumping Iron, Conan the Barbarian, The Terminator, Commando, Predator, Red Heat,* and *Twins*. He is said to have been paid $10 million for starring in *Total Recall*, plus 15 percent of the receipts. With the veteran Paul Verhoeven directing, *Total Recall* promises to be a blockbuster this summer. It's not hard to figure out that Arnold really doesn't have to be a successful author and real-estate tycoon too, but he is.

All this time his personal life flourished. The once ultra-eligible bachelor

Arnold's Austrian mother, Aurelia Schwarzenegger, has a personality as warm as her soft brown eyes. On the White House lawn, she was stunning in a fashionable plaid cashmere suit that played up her auburn hair. She made friends easily with sports celebrities the night before at the Shrivers' home. With his broad upper torso, Arnold has no trouble surrounding his wife, Maria, and his daughter, Katherine, while Aurelia beams with pride.



Little Katherine Eunice gets her exercise by jiggling contentedly in her mother's backpack. The night before, daddy Arnold lofted his child on one hand, and he proudly took her from table to table to meet his friends. Wearing Reebok sneakers, she got more raves than her glamorous parents and grandparents.

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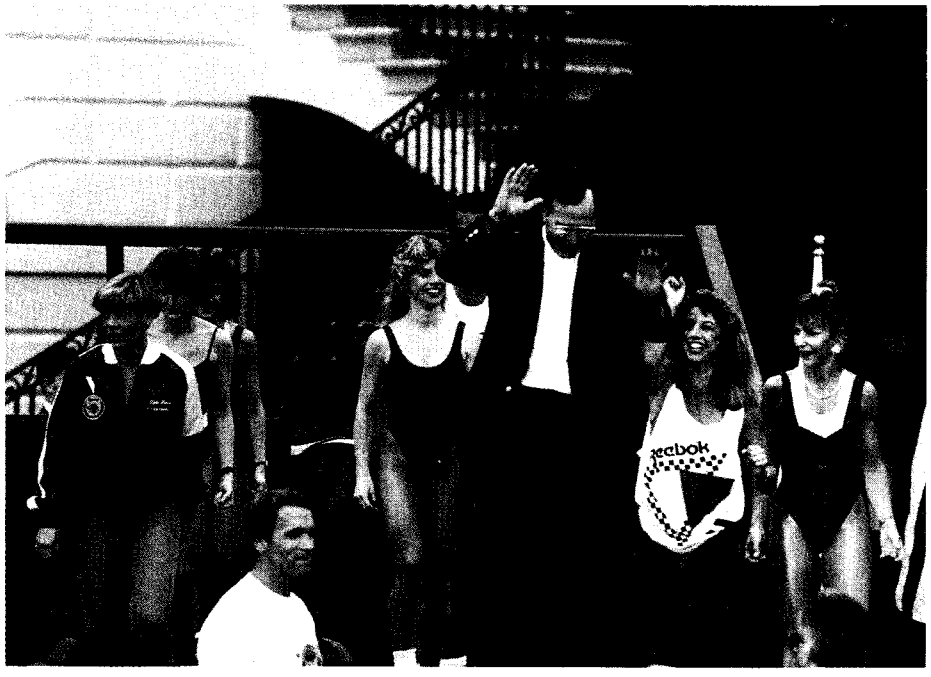

The President tries a little aerobic dancing with the Reebok girls. Sponsoring the gala event is said to have cost Reebok $250,000. Supplying the celebrities and council members with Reebok warmups and shoes, however, was a no-no. Governmental bureaucracy, fearing a commercial opportunity, threw in a last-minute thumbs down, which led celebrities to jest, "No more than 20 percent can wear Reeboks. Twenty percent must wear competitors' shoes." And what about the rest? "They must go barefoot," quipped the event's director.

Scott McKain did a TV interview with Bruce Jenner for "The Saturday Evening Post Health Show" when he learned that in addition to fitness, Bruce has a new mission. "Freeze your own blood for future use" is Bruce's new passion for helping people stay healthy. En route from California, Bruce had stopped at Indianapolis to offer to freeze Indy 500 drivers' blood, because they sometimes need transfusions after accidents. "Frozen blood can be stored indefinitely and delivered to the donor, relative, or friend in case of emergency.... It's the best health insurance anyone could possibly have," he told us.

settled down, polished his English, became a U.S. citizen, and married a member of the Kennedy clan. Now, in accepting the chairmanship of the President's Council on Physical Fitness and Sports, Schwarzenegger is endeavoring to repay his adopted land, and he even lobbied hard for the opportunity.

Why take it on? "It's in my blood," he says. "Now is the time to make an impact."

To fellow members on the President's council, Schwarzenegger has emphasized that fitness, like any good product, must be marketed. And he has come up with peppy slogans worthy of a Madison Avenue advertising exec: "It's Hip to Be Fit" and "Read My Hips: No More Fat."

The Great American Workout on the south lawn was Arnold's idea. He went to President Bush, who thought it was a great way to launch the fitness campaign. "Go for it," he told Arnold. Many doubted that it could be done, and naysayers among staffers suggested multitudes of obstacles. But Arnold never doubted that he could triumph and do so fast enough to make his deadline. Now, in his first big fitness sales pitch to the public, and with the President of the United States on the platform next to him, it was a PR man's fondest dream.

"You know, Arnold's stronger than I thought he was," the President told the crowd on the White House lawn. "He bench-pressed the federal budget. I told my grandson, Sam LeBlond, who is visiting us this weekend: 'If he can do that, why can't you pick up your socks?'

"I hope this doesn't get me in trouble with another vegetable," the President said, "but today we are declaring war on couch potatoes.... All of us have a stake in making exercise a part of America's fitness. And fitness a part of America every day. Whatever your age, sex, or physical condition, the Great American Workout can enhance the quality of life and the longevity of each American."

The President and Mrs. Bush then made the rounds of the 15 workout stations manned (and womanned) by champions of the various sports represented, including horseshoe pitching, at which President Bush is known to be of Olympic quality. He gave a

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special salute to the "heroes here representing the Special Olympics . . . the disabled. Their strength and determination inspires us all," he said.

President Bush means business about backing Arnold Schwarzenegger and the President's Council on Physical Fitness and Sports (PCPFS). A week earlier we heard of his intentions loud and clear at a roundtable meeting of editors at the White House. Ten editors of national magazines had been invited to meet in the Roosevelt room for an opportunity to ask the President some questions. No other media were invited.

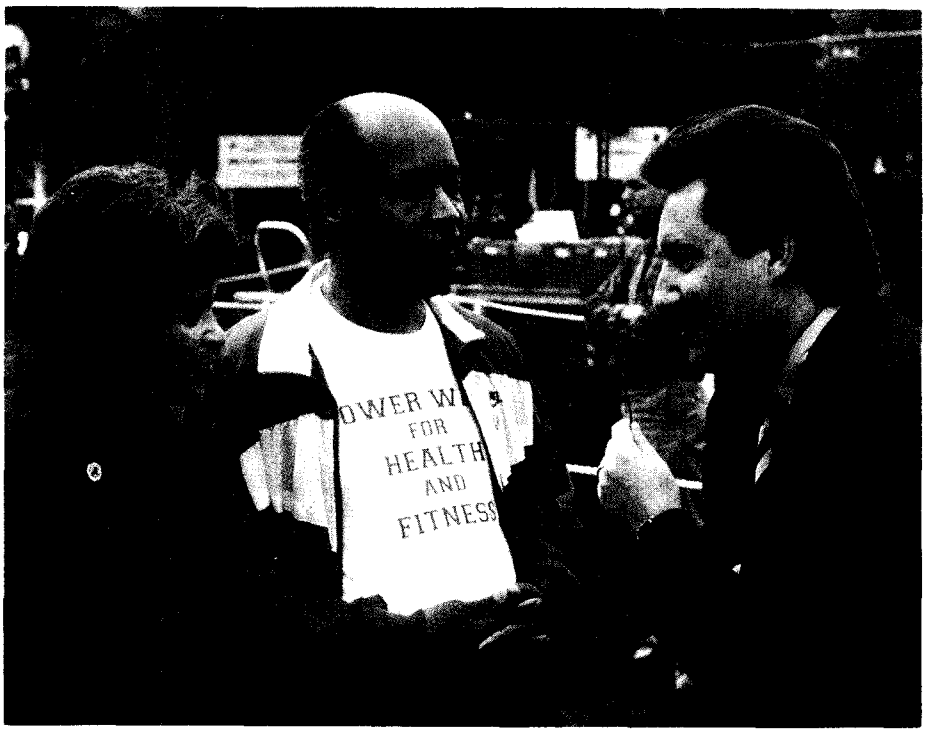
Leading off was John Mack Carter, editor of *Good Housekeeping*, who asked the President what could be done to alleviate the rapidly escalating cost of health insurance premiums and other healthcare costs for families and the nation. Believing as we do at *The Saturday Evening Post* that fitness could decrease the need for much medical attention, we seized the opportunity to follow up on John Mack Carter's query.

Our question to the President was: "With exercise and diet now known to prevent many of the costly degenerative diseases, could you tell us about your plans for getting our citizens fit? (We hoped the assembled editors would have this opportunity to hear all about his Arnold Schwarzenegger plans, and the President's answer didn't disappoint us.)

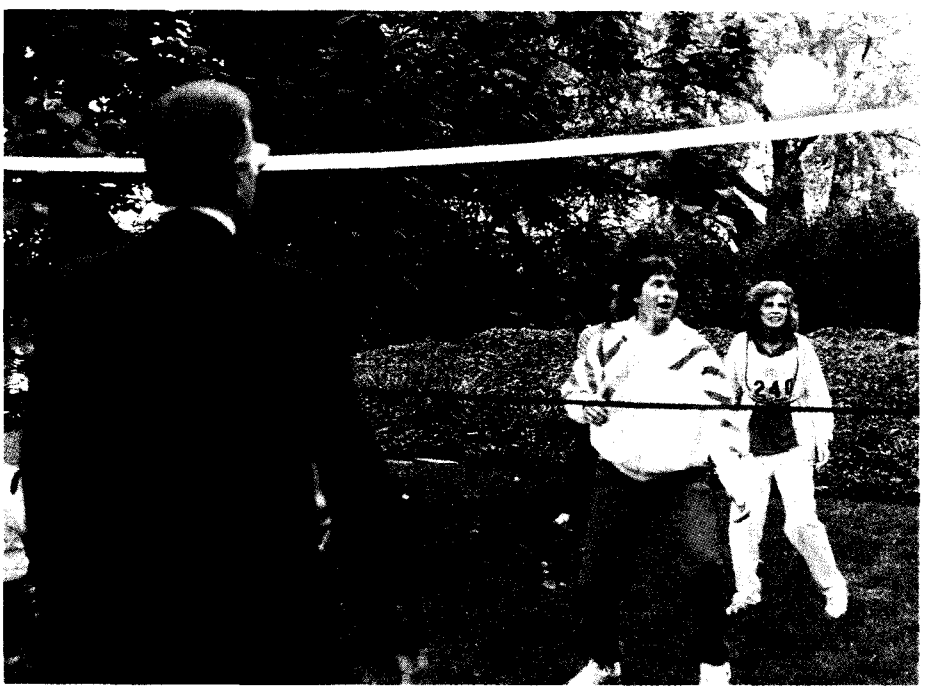
He responded: "Well, we're just beginning this new emphasis on fitness as part of this administration. And I want to do my part by getting out and exercising." (The assembled editors laughed uproariously—George Bush's droll wit, timing, and ability to poke fun at himself for having been criticized about spending too much time pursuing sports made the statement seem very funny when he proposed it.)

He continued with enthusiasm: "I have been very impressed with the seriousness of our council on fitness and of its chairman, Arnold Schwarzenegger. People thought getting Arnold in there, we were going for some muscle-building big shot. He is the least-biggest shot of any guy I have met. He is determined to set a good example. And he is."

In the President's all-out effort to get the nation fit, we wondered if his



When Louis W. Sullivan, the most influential man in the health arena, says he "power walks" three miles a day with his wife, Ginger, you know he means business. His strong statements about becoming more active for better health, a longer life, and more productivity are a breath of fresh air. He casts much of the blame for our nation's health problems on drugs, tobacco, obesity, and lack of physical exercise. He tells Scott McKain about the benefits of togetherness in power walks.



Bruce Jenner joins his teammate Eunice Shriver in challenging the President to a game of volleyball with Special Olympics athletes. Sargent Shriver helped at the Special Olympics station, where handicapped youngsters played. The Shrivers have been dedicated supporters of the Special Olympics program since the Kennedy administration. Sargent and Eunice Shriver had hosted a dinner party for sports celebrities and council members the night before at the Shriver home in Maryland.

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Mary Lou Retton, gold medal gymnast, observes the technique of a future gold medalist on the balance beam.

Jack LaLanne shows Kevin Nealon of "Saturday Night Live" how one can look at age 75—if one stays in shape.

Olympic skating champion Dorothy Hamill; daughter; and husband, a sports medicine physician, came from Denver.

Suzanne Timken, famous for organizing the Canton Corporate Cup, was President Bush's appointment for vice-chairman of the council.

No one had more fun than Dave Choquette of the Special Olympics as he practiced cross-country skiing on the White House lawn. The President gave a special salute to "the heroes here representing the Special Olympics."

Wilmer D. "Vinegar Bend" Mizell, the executive director of the President's Council on Physical Fitness and Sports, built his biceps pitching for the St. Louis Cardinals and the Pittsburgh Pirates. Schwarzenegger is impressed.

As a member of the council, will editor Cory SerVaas persuade Willard Scott to take up aerobic dancing with his senior citizens?

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interest could even go so far as the establishment of a U.S. Fitness Academy. The plans for such an academy had been envisioned early in the Reagan administration and went so far as the selection of a site and a cornerstone ceremony at the designated area in Indianapolis. But after a large press conference and cornerstone celebration with Senator Lugar, the supporters and PCPFS members were dismayed to learn that Californians had decided to move the U.S. Fitness Academy to Orange County instead. Subsequently, the Californians' building effort failed.

The Lilly Endowment, an early supporter of the Fitness Academy, disappointed at this strange turn of events, strongly encouraged the state of Indiana and the city of Indianapolis to join with them in completing the original plans. And so they did. The Hoosiers named their new national academy—a splendid, gleaming center for fitness, nutrition research, and education—the National Institute of Fitness and Sport. The *Post* believes its adopted city of Indianapolis, acclaimed by many as the amateur-sports capital of the nation, would be an ideal location for the "official" U.S. Fitness Academy.

So we asked the President, "Are there any plans afloat for a U.S. Fitness Academy for the training of future fitness leaders?"

His answer was most encouraging: "Many think that the nation's fitness can help avoid some of the calamitous health problems we've had. I don't know about an academy, but I will be waiting to see what the group recommends on this. However, I think you're going to see a much more vigorous endorsement of fitness by the administration, and a lot of it will be shaped by the President's Council.

"We've had a lot of councils," the President pointed out, "and not all of them do anything. But I think this one has a real role. I think the people involved in it want it to be serious, and I think it will be. I really, honestly believe it can help. I was appalled at my own ignorance when I found how little requirement there is in our school systems for physical fitness, for [physical] education, for calisthenics. We're competitive about that. So I think we

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Bobby Shriver (Maria's brother) and the Olympic gold medalist Dara Torres lend a hand to a Special Olympics participant. Bobby was a popular host at the dinner for athletes in his parents' home the evening before the White House bash.

Connie and Robert Gubitosi, who organized the event, were so warmly thanked by a note from Arnold and Maria that Connie was moved to tears. "Arnold sent enough flowers to fill a room," said Robert Gubitosi. His Miami Beach-based firm, Events Only, was appropriately tapped by Arnold to put on the event. Why? Because Gubitosi had staged events for Nancy Reagan during the White House years and knew how to overcome insurmountable red tape surrounding the grounds and security staff. Even the* Washington Post *used the words "meticulously orchestrated" in describing the Great American Workout. Chalk up another one for Arnold's administrative genius.

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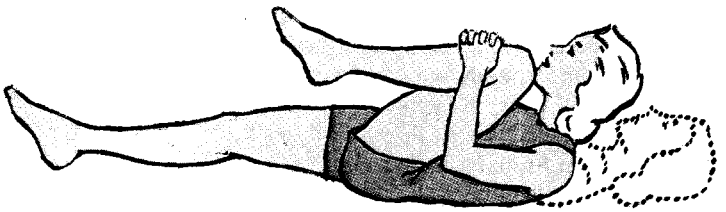
LYING-DOWN EXERCISES

For all those whose sore feet ache at the thought of running or jogging, here are some exercises to flatten the abdomen and slim the waistline from a prone or sitting position.

by Bud Getchell, Ph.D.



Editor's note: *If too much walking gives you corns on your toes, and proper shoes don't help, you can still get into the fitness mode. These exercises, chosen to spare your feet, are taken from Dr. Bud Getchell's new book,* The Fitness Book, *published by Benchmark Press, Inc. Nothing is kinder to the feet than losing some weight while shaping up.*

If there is a "must" in every muscular strength and endurance program, it is an exercise to strengthen the abdominals, which are difficult to use in many everyday activities. However, these muscles help support the back and various parts of the upper body. They also play a prominent role in maintaining posture and holding in stomachs.

Many experts now believe these muscles are the key foundation for all activity and must be kept in good shape at all times. Biomechanics research has shown that in most activities, force must pass through the center of the body. An athlete or fitness participant who has a weak midsection will be unable to apply the required forces necessary for good performance.

For years, the bent-knee sit-up was used extensively. Now researchers suggest variations of the sit-up that are more effective for working and strengthening the abdominals. The following exercises represent ways to strengthen your abdominals and trunk muscles. In all sit-up types of exercises, it is important that you lift your shoulders before you lift your lower back off the floor.

The preceding leg-stretching exercises serve to loosen, stretch, shape, and strengthen a major muscle group. Although these exercises were developed for stretching before and after a conditioning workout, try to use them whenever you get the opportunity. Stretching is a form of relaxation —it can help you avoid tight muscles any time, and it may even refresh you. Try to avoid bobbing or forcing your body into unaccustomed positions. If you haven't been exercising regularly, it will take time before you can stretch some of those tight muscles completely.

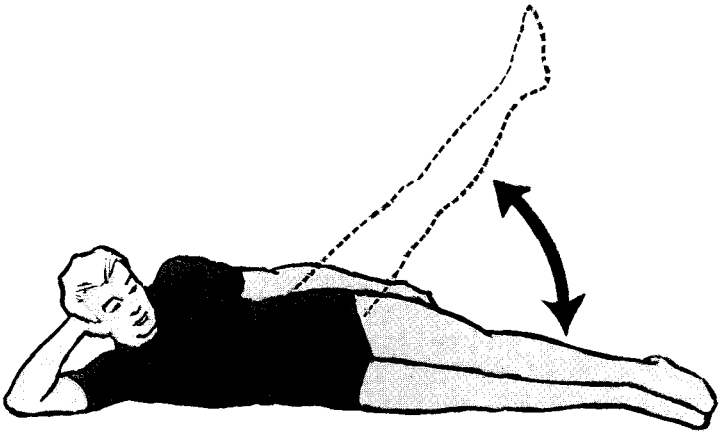
Dr. Getchell is executive director of the National Institute of Fitness and Sport in Indianapolis.

Low-Back Stretcher

Purpose: To stretch and loosen the lower back and hip flexor muscles.

Starting Position: Lie on your back with knees straight.

Movement: Pull one knee to your chest. Grasp the leg just below the knee and pull the knee toward your chest. Hold for five seconds. Then curl your shoulders and head toward the knee. Hold for five or more seconds. Return to starting position and repeat exercise with other leg. Alternate.



Side Leg Raises

Purpose: To strengthen and stretch the lateral hip muscles.

Starting Position: Lie on your right side, in extended position, with your head resting on your right forearm and hand.

Movement: Raise your left leg upward from the floor (keeping the knee extended and toes pointed away) to a position well above the horizontal, then return to starting position. Keep your pelvis perpendicular to the floor. After completing the repetitions for one side, repeat the exercise on the other side.

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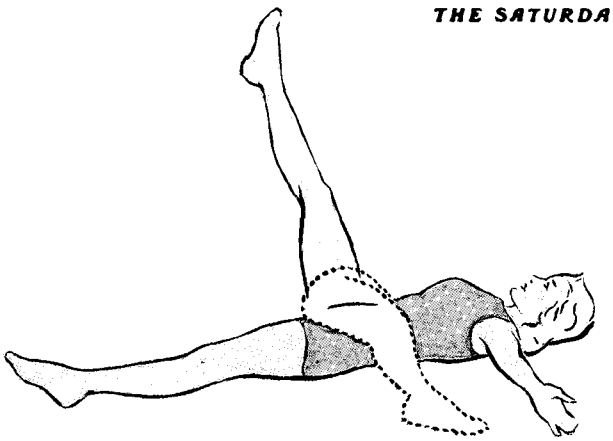
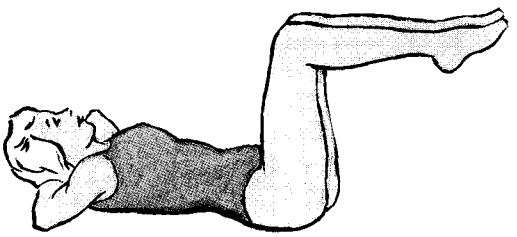


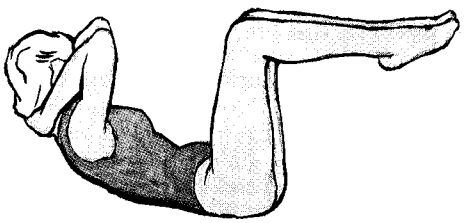


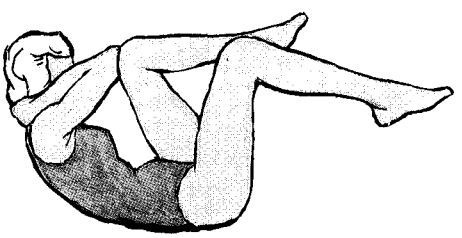
Leg-Overs

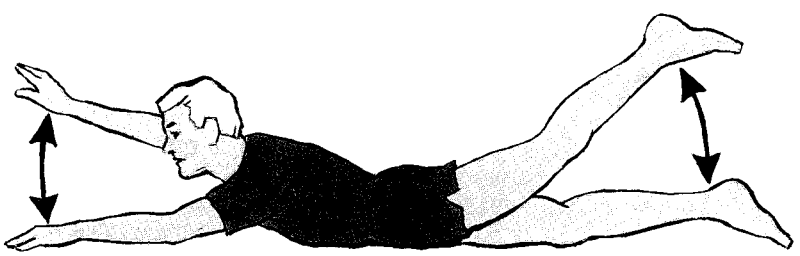
Purpose: To loosen and stretch the rotator muscles of the lower back and the pelvic region.

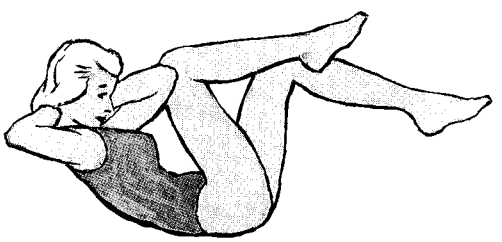
Starting Position: Lie on your back with your legs extended, and your arms extended at shoulder level (palms up).

Movement: Keep the knee extended as you raise your leg to a vertical position (point your toes). The opposite leg should remain on the floor in extended position; keep the back of that leg on the floor. While keeping your shoulders, arms, and back on the floor, reach with the vertically extended leg across your body to the extended opposite hand. Stretch to touch your toe to the floor in the area of the extended hand, then return your leg first to the vertical position and then to the floor. Follow the same procedure with the other leg. Repeat the complete exercise.









Arm and Leg Lifter

Purpose: To strengthen and stretch the extensor muscles of the back and hip.

Starting Position: Lie face down (prone position) with your arms extended over your head and your legs extended.

Movement: Raise your right arm and left leg, toes pointed, simultaneously, and keep them extended for a few seconds. Then return to the starting position. Now raise the left arm and right leg simultaneously. Alternate. Do this exercise slowly. Be sure not to overextend. Do not jerk your legs and arms.

The Abdominal Curl

Purpose: To strengthen and tone the abdominal muscles.

Starting Position: Lie on your back with knees bent and feet flat on the floor.

Movement: Put your hands behind your head, elbows pointing ahead. Avoid pulling on the neck. Raise the bent knees toward the chest so thighs are perpendicular to the floor. As you curl up, bring the right elbow toward the left knee. Then bring the left knee back toward the right elbow, then the left elbow to the right knee. Repeat this six times to each knee. Do three sets.

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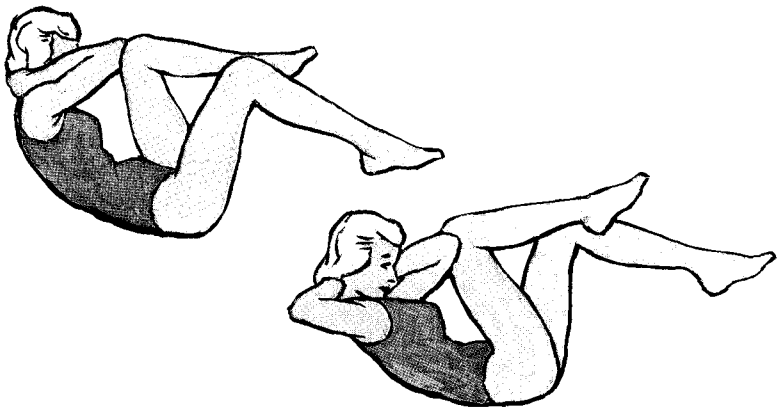
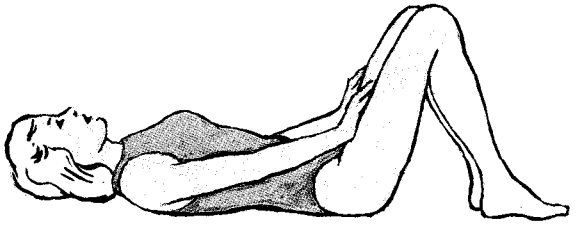


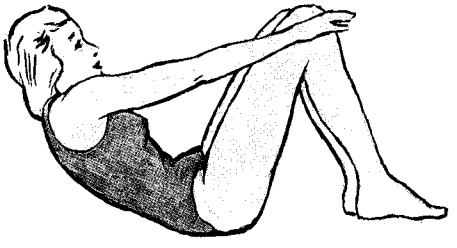
The Abdominal Crossover

Purpose: To strengthen the abdominal and trunk muscles.

Starting Position: Lie on your back with left knee bent and left foot flat.

Movement: Cross the right leg and place the right ankle on the bent knee. Put your hands behind your head, elbows out. Avoid pulling on the neck. Curl up and twist your trunk so your left elbow touches your right knee. Lower slowly. Do this six times. Switch and repeat—right elbow to left knee, six times. Do three sets.



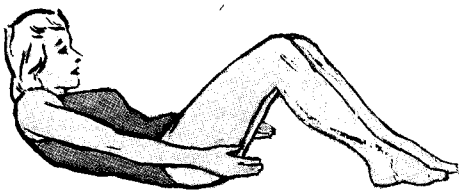


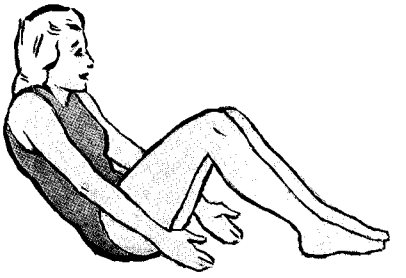
The Half Sit-up

Purpose: To strengthen the abdominal and trunk muscles.

Starting Position: Lie on your back with your knees bent at approximately 90 degrees and feet firmly flat on the floor.

Movement: With your arms extended and pointing straight ahead with palms down, raise your shoulders off the floor as you slide your hands up your thighs. Your wrists should go beyond the knees. Lower slowly and relax. Do this six times. Rest for one minute. Then repeat two more times after a short rest for a total of three sets.





The Full Sit-up

Purpose: To strengthen abdominal and trunk muscles.

Starting Position: Lie on your back with knees bent, feet flat, and arms at your sides. Having someone hold your feet or placing them under a firm support is no longer recommended. Studies show that supporting the feet, even though the knees are bent, tends to involve the large hip flexor muscles more than the abdominals.

Movement: A full sit-up entails contracting your abdominals as you curl your back and raise your trunk until your lower back is at least perpendicular to the floor. Then lower yourself back to the floor. You may have a problem at first doing a sit-up without support for your feet. It is acceptable to grasp the undersides of your thighs to help pull you up.

As you get stronger, try not to pull on your thighs. By having your hands near your thighs, you will find it easier to balance and curl your trunk to the vertical position.

Do six, rest, repeat two more times.

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PHYSICAL FITNESS BY MAIL

With 49 sports to choose from, you can find one or more to bring you recognition, and awards to wear with your new trim physique.

by Maynard Good Stoddard

The Presidential Sports Award program challenges the young (but no younger than 15) and the young at heart (65 and over—how far over being up to the participant) to make a commitment to active participation in sports and fitness activities.

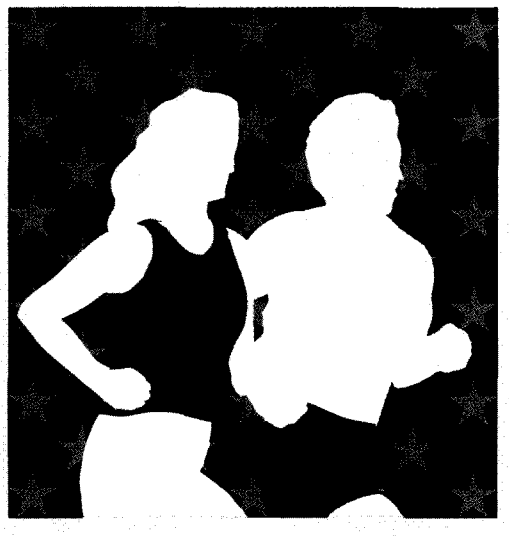
But all couch potatoes be warned: once you have accepted the challenge, you'll be on your way to a more healthful lifestyle. The President's sports program, developed in 1972 and administered by the Amateur Athletic Union (AAU), is conducted through the convenience of mail.

Tom Leix, special projects coordinator for the AAU, offers plenty of proof of the program's efficacy. Of the some 18,000 who have already profited by the program, he tells of a man who weighed 340 pounds when he started his activity and 15 months later weighed 239 pounds. The man now has earned Presidential Sports Awards in the fitness walking and sports/fitness categories, and he's hoping to lose 39 more pounds working on his swimming award.

Another man wrote, "I used the opportunity to earn the award in conjunction with a diet to shed unwanted pounds.... Well, it worked! Went from 199 to 173 pounds."

Quoting another happy participant: "It has given me incentive to continue exercising.... My health has greatly improved since I've gotten back in shape." Still others mention the award and say, "Thank you for recognizing the work and applauding the results."

Before the awards are mailed they must be earned in one or more of the 49 sports or activities in the program. If you don't go in for the more demanding sports, such as judo, canoe-kayak, ice hockey, or gymnastics, there is fitness walking, rowing, golf, or table tennis. Or how about aerobic dancing, roller-skating, bicycling, or badminton?



Qualifying Sports

1. Aerobic dance
2. Archery
3. Backpacking
4. Badminton
5. Baseball
6. Basketball
7. Bicycling
8. Bowling
9. Canoe-kayak
10. Climbing
11. Equitation
12. Fencing
13. Field hockey
14. Figure skating
15. Fitness walking
16. Football
17. Golf
18. Gymnastics
19. Handball
20. Team handball
21. Ice hockey
22. Ice-skating
23. Jogging
24. Judo
25. Karate
26. Marathon
27. Orienteering
28. Racquetball
29. Rifle
30. Roller-skating
31. Rowing
32. Rugby
33. Running
34. Sailing
35. Scuba-skin
36. Skeet-trap
37. Skiing (alpine)
38. Skiing (nordic)
39. Soccer
40. Softball
41. Sports/fitness
42. Squash
43. Swimming
44. Table tennis
45. Tae kwon do
46. Tennis
47. Volleyball
48. Water-skiing
49. Weight training

To earn the award in the sport you have chosen requires that you put in the time and effort to meet the challenge of personal fitness. The award recognizes your achievement as a part of the nationwide effort toward a healthier, more vital America.

How do you participate?

- By obtaining the Presidential Sports Award brochure from the AAU. Send your request to: Presidential Sports Award, P.O. Box 68207, Indianapolis, IN 46268. This brochure provides detailed information on each activity's qualification requirements, as well as a fitness log.
- By selecting your sports or activity (or several).
- By keeping a record on the fitness log of your participation.
- By qualifying (with the required number of hours, miles, games, or whatever) and returning the completed and signed fitness log and $6 to the AAU.

In return, you will receive—by mail from the AAU's national headquarters in Indianapolis—honors that not only will reward you for your efforts but also will impress, if not inspire, your friends, your neighbors, and your coworkers:

1.) A certificate of achievement from President Bush, personalized with your name and suitable for framing.

2.) A letter of congratulations from Arnold Schwarzenegger, the

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"AMEN'S" CLIFTON DAVIS: A REVEREND FOR REAL

The actor's change of lifestyle adds evidence that the harder one hits bottom the higher it's possible to bounce.

by Maynard Good Stoddard

In 1974, he was Clifton Curtis, a barber, in the TV comedy "That's My Mama." In the current ratings grabber "Amen," he plays the Rev. Reuben Gregory. In real life he is the Rev. Clifton Davis. But Clifton Davis' real life did not always embrace religion. Far from it. In fact, it has been said of him that if God loves a sinner, He couldn't have found better raw material than Clifton Davis.

Clifton Davis is sitting across the table from me in Indianapolis. He has flown himself in (yes, he's an amateur pilot too) to host the Angel Awards, a presentation put on by Excellence in Media, an organization that toasts outstanding media personalities.

But let's back up a little and take the journey from the beginning.

At 18 Davis had dropped out of college to enlist in the Air Force. He had scored high on the Air Force exam and had chosen to attend officer candidate school. The Air Force, however, was not too keen on an 18-year-old kid who was discovered to have a heart murmur flying an expensive military plane and, as Davis says, "getting veteran's compensation for the rest of my life and never serving." He was therefore booted out. "I felt like a failure," Davis says.

Lacking the money to go back to school, young Davis swallowed his disappointment and enlisted in the Peace Corps. His suitcase was packed and tagged to go to India when his medical record caught up with him. That noble adventure also crash-landed without ever leaving the ground. So then what?

Davis (right) and his "Amen" costar Sherman Hemsley look forward to the fifth season of their hit series.

Davis leans back in his chair while searching his memory. "Dad [a Seventh-Day Adventist preacher] wanted me to go into the ministry, but my motivation wasn't right," he says. "And also I was kind of depressed. So I went to party with friends in Philadelphia. Got a job there. Drank myself into the hospital. Had open-heart surgery. Finally picked my spirits up. Had a bad marriage. Got into show business."

Not so fast, fella. Luckily, we could fill in some of the details. Broadway stints included *Guys and Dolls*; *Hello, Dolly!*; and the very successful *Two Gentlemen of Verona*. The latter went on tour, taking him to San Francisco and a Tony nomination, which he celebrated by hitting the cocaine trail.

"Actually, I started using cocaine before I left Broadway," Davis recalls. "The hype, you see, was so much, and the peer pressure. . . .

"I didn't feel I was that talented. I compensated for this inferiority complex by making myself feel like I was everything I read in the reviews."

"And drugs can do that?"

"[Cocaine] seemed to, but it's a lie. It's a pervasive, insidious, chemical lie!"

Around this time, Davis was raking in about $250,000 a year and still having trouble paying for his escalating drug habit.

"Yes, I would sometimes take a $2,000 check, buy $1,000 worth of cocaine, and with the rest try to pay my bills," he says.

"You later overdosed and eventually became suicidal?"

"That's right. I had reached the classic stage of depression."

"You weren't working?"

"No . . . we're talking the last year [of cocaine addiction]. I got so strung out that after 'That's My Mama' went off the air I began feeling like I'd never work again. That isn't uncommon for an actor. Actors often think that this last job *is* their last job. By substituting drugs for food, my body weight went down from 200 pounds to 100 pounds."

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The bottom was not far behind.

"You are now approaching your sixth year of 'Amen,' and you carry the titles of minister, evangelist, producer, airplane pilot, singer, and songwriter. The obvious question is: what happened?" we ask him.

"What happened was, I found God," Davis says. "It began in my little penthouse apartment in Los Angeles. I had exhausted all my resources, driven away all my friends, alienated all my business connections. I had become blacklisted by major producers in Hollywood. The word had gone out that Clifton Davis is strung out. I couldn't get a job. I hated the business. I hated myself. I resented what I'd gotten myself into and how I'd treated people. And into that bitter despair came the light of the love of God."

Davis talks on. Of how his younger brother, pastoring in New York, phoned him and said, "The Lord told me you were strung out on drugs and you are about to die unless you turn to the Lord." Of how his brother couldn't have known this in any other way. Of how his mother had a dream that Christ was outside his door, weeping, and that Satan was inside playing with him like a cat plays with a mouse, and laughing. Of how with his last bit of faith he had said, "Lord, I've tried other ways to quit this thing, and they've never worked. So if you'll help me through this one night, then maybe I'll leave it alone tomorrow. No promises, you know."

"And you quit?"

"Cold turkey. It wasn't easy. I wanted some coke every day, every hour, every minute. But by the grace of God and my family's prayers, in two weeks I was free of the habit. The power that God exhibited in my life at that time was just amazing!"

That still wasn't enough, Davis says. He still felt a void. There were too many memories, too many years of wrong thinking to atone for.

"To be honest, when I left Hollywood I didn't want to be a minister," he says. "I let some guys talk me into it. One of those guys is called the Holy Spirit. The reason I know this is because I have seen His power work through my ministry. Maybe a month after one of my sermons, I look at the videotape, and I am dumbfounded, and even moved, by what this fellow in the pulpit is saying. I go, 'I don't remember saying that!' It's not Clifton Davis, it's the Holy Spirit of God taking control. It just awes me, man, to think that God would use some worthless sinner like me.

"I was in a church in Houston last Saturday, and the pastor asked me to come up and make a few remarks. And, man, I was there on vacation. I had come to worship, not to talk. But I went up and began talking about a visit to Africa for World Vision—which I'm getting ready to do—and how we're going to dig wells in the wilderness so water will turn that desert land into patches of fresh green vegetables and fruit. And suddenly the Lord gave me this thing, and I said, 'You know, that's exactly what God can do in the barren wilderness of our lives. He can take living water and place it in the wasteland that may be your life and cause a garden to grow. May God bless you.' And my wife just burst into tears. I said, 'Well, I didn't want to make any remarks.' And she said, 'You didn't hear what you said!' It was wonderful!"

Davis credits divine power with lifting him from a drug-induced depression to the ministry and a happy marriage with Ann. Two of their children are Noel, nine, and Holly, six.

Davis says prayers kept being answered and miracles continued to happen. Undecided whether to go back to work or return to college, he followed his brother's advice and prayed about it.

"I had no more than got off my knees when the phone rang," Davis recalls with a chuckle. "It was the president of a college looking for me to come and help them raise money for the United Negro College Fund. I told him it was funny he should call because I was just praying about going back to college. He said, 'You want to come here to college, we'll see that you can make it.' I got a full four-year presidential scholarship."

After graduating in 3½ years ("I worked hard," Davis asserts), the newly ordained minister arrived at another decision: would it be show biz or God's biz? In God's camp at this valley of decision, "they wanted to stick me in a particular mountain community with four churches, none

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WAKE UP, IT'S TIME TO GO TO BED

As for the strategy of marrying a nurse for free nursing service, coddling, passion, and compassion, he now says, "Hogwash!" with a capital "hog."

by Maynard Good Stoddard

Illustrated by Don Trawin

At the time I was plighting my troth, or troughing my plight, however that goes, a young man's choices were pretty well limited. There was the homebody skilled in the art of cooking, dusting, and raising kids, or there was the rare career girl, whose range of careers ran the gamut from schoolteacher to nurse.

In opting for the nurse, I never stopped to think—honestly—that the schoolteacher works only nine months out of the year as opposed to the nurse's opportunity of working seven days a week year round. Or that some nurses work two shifts year round. Or that until I got on my literary feet, however wobbly, this extra income might come in handy.

It *had* crossed my mind that by joining plights with a nurse, I would be locking in free nursing service for the rest of my life, or until death did us part, whichever came first. I mean, here was a woman who would coddle me at every hangnail, show compassion at every headache, run for a Band-Aid at every razor scratch. And just between us—I wouldn't want this to go any further—I had heard a rumor that for passion, no mammal on earth could hold a candle to the *Homo sapiens* female nurse.

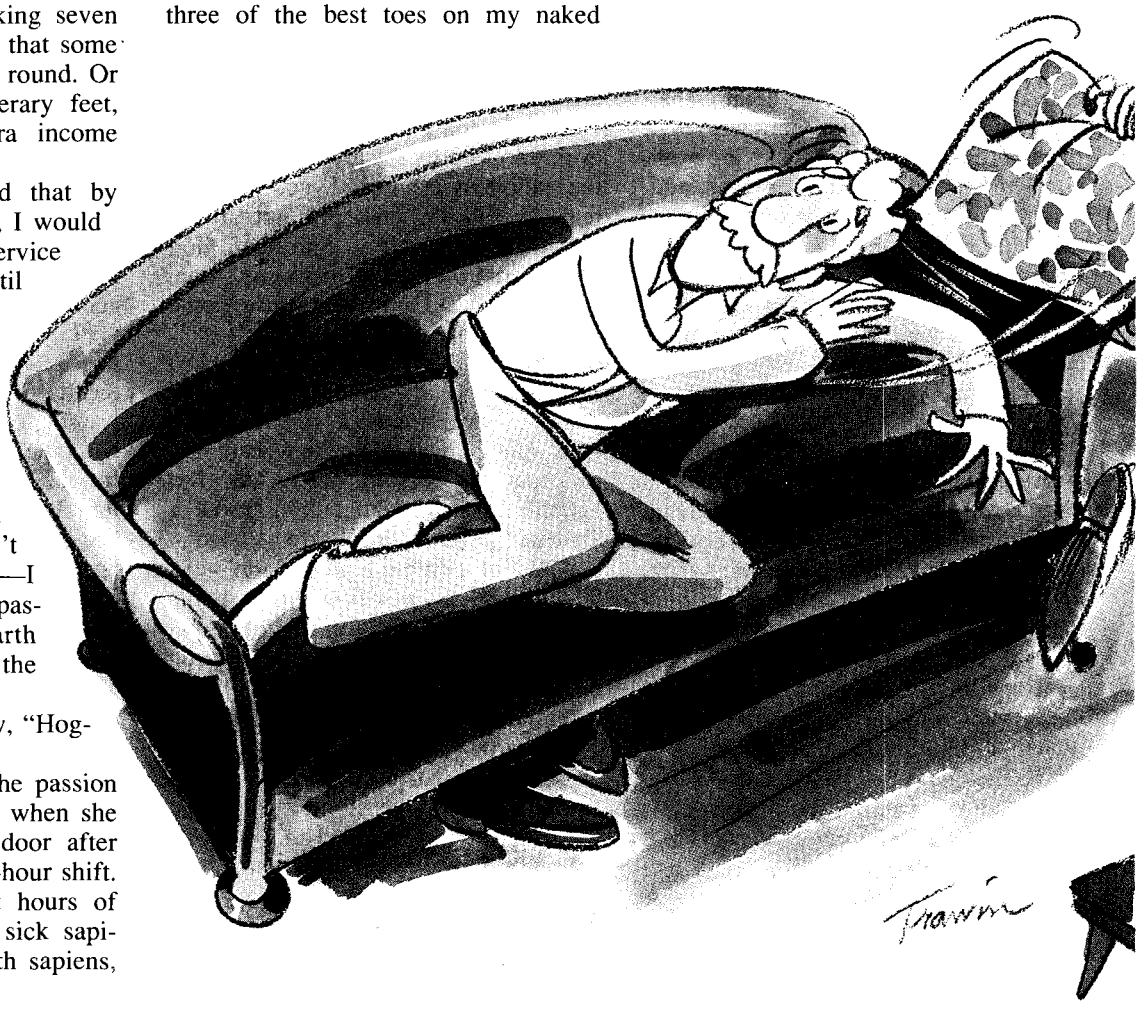
To all of which I now say, "Hogwash!" with a capital "hog."

Taking last things first, the passion theory went down the drain when she came sagging through the door after her first post-marriage eight-hour shift. Turned out that after eight hours of tending to the demands of sick sapiens, she was up to here with sapiens, both feeble and in fine fettle.

And then there was the Hippocratic oath, which commits every nurse to the dumping of a bucket of disinfectant—also known as hospital cologne—over her head before leaving for home. One whiff of that stuff is enough to bank the fire of a man's passion for at least the next 24 hours.

The free nursing service I'd been counting on was shot down the morning a can of Alpo rolled off the kitchen counter and landed across three of the best toes on my naked right foot, already blue from the cold linoleum. I figured that before news of the pain could reach my brain computer terminal, she would have assisted me to the nearest chair, drawn a bucket of warm water, rustled up the Epsom salt, and had her arms around me in case the pain would cause me to begin hopping around and possibly break a leg.

If she had any such fears she managed to mask them behind a facade of



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ear-splitting laughter. Between shrieks she cried, "You should have seen the fellow we had in traction yesterday. . . . Both legs in casts clear to his hips. . . . Did you hurt your toes?"

No fooling—I could come into the house with my head hanging by a thread, and she would still leave it up to me to find the Elmer's glue. And while I was applying the glue she would tell me about a guy coming into Emergency that day carrying his head in a Wal-Mart shopping bag.

In the confusion of choosing the appropriate wife, I had failed to consider that a nurse might be bringing her work home with her. Especially at mealtime. Especially when we were having stew. Whereas a schoolteacher would be discussing the proper positioning of a predicate adjective, a nurse says, "I saw my first evisceration today."

With my first slurp of stew poised in midair, I say, "That's nice—what's an evisceration?"

"They took this guy's insides out. Would you please pass the steak sauce?"

I managed to eat a few crackers, but they didn't go down easy.

Even having overlooked these major surprises, I still had to consider the no-small matter of what I choose to call plain old creature comfort. What you choose to call it is your business.

You know how nurses in the movies and on the tube are always showing up in the patient's room to coax him to have a slug of orange juice, fluff his pillows, rub his back, pull up the covers, and coo, "Now you try to get some sleep," and then tippytoe out of the room? All that solicitude, believe me, ends at the patient's door.

One of the greatest pleasures in the life of a married nurse is catching hubby napping on the sofa at the end of the nine o'clock movie, jerking the pillow out from under his head, and cackling, "Wake up—it's time to go to bed!" If my nurse ever tippytoed when I was sleeping, I'd know I was still dreaming.

Then, however, thanks to a bleeding ulcer, it became my turn to take up residence in the Bloomington (Indiana) hospital. Have you got a minute?

Through exercise and diet, I had managed to reduce my baby fat by ten pounds and was about to receive my reward by stopping at the Spencer Dairy Queen for a Hawaiian Blizzard. Naturally, I was feeling good—God was in heaven, the hillside dew pearled, that sort of thing. But no more had we stepped through the door than I said to my dear wife-nurse, "You'll have to order; I've got to sit down." Which I did, laying my head on the table.

The next thing I knew, the table was covered with blood, blood was running off on my new white shoes, my wife was trying in vain to sop up the torrent with paper napkins, a boy was hurrying with a mop, and patrons right and left were suddenly losing their appetites. My nurse later said I had no pulse; the ambulance people could get no blood pressure. Had I been in the mood for conversation, I would have asked how anyone could register blood pressure when the last of his blood was ruining his new white shoes and the stream was already inching toward the door.

But instead of experiencing the great adventure of death, I wound up in the emergency room with a nurse coaxing me to swallow a plastic garden hose intended to siphon off the last few drops of my vital juice. Another nurse was busily engaged in stripping me down to my shorts.

When my dear wife showed up, I managed to mumble, "This girl took off my pants. Do you want to say anything to her?" To which dear wife replied, "I've taken the pants off a lot of men." This brought all activity in the room to a screeching halt until my red-faced mate explained that she also is a nurse.

I won't bore you with the details—if I haven't already—of how the doctor exposed my innards with a flashlight, how he discovered what he said was a *big* ulcer, leaving me to speculate that it must be about the size of a regulation Frisbee. Turned out to be the size of a quarter. Big enough, anyway, that I spent the next four days languishing in the hospital, surviving mostly on gelatin, and trying to forget that gelatin comes from horses' hoofs. And trying not to think where horses' hoofs have been.

What I'm getting at—and it has certainly taken long enough, I'm sure you are saying—it was during this stay that I would learn why a nurse-wife has eccentricities unlike those of, say, a schoolteacher-wife.

In taking the oath upon graduation, a nurse evidently swears that neither rain nor sleet nor dark of night will keep her from waking a patient at least four times during her eight-hour shift. No matter that sleep might do the patient more good than the pill she is serving in that little plastic cup—the pill must go through. The blood-pressure people cleverly time their intrusions to fall midway between the

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FOOD SENSITIVITY: THE MYSTERY AILMENT

Millions of Americans get sick when they eat certain foods. Some have known allergies, but the majority of cases remain unexplained.

by Jane E. Brody

Illustrated by Don Trawin

Seven-year-old Joseph's entire face swells if he merely has a peanut in his mouth. Should he accidentally eat one he could die, the result, his mother says, of her having "lived" on peanut butter sandwiches when she was nursing him.

Jane's problem is walnuts. The program director and fund-raiser breaks out in hives and gets an itchy mouth if she eats them.

One young mother of three who was crippled by rheumatoid arthritis gradually regained her mobility when she stopped consuming dairy products.

Cynthia, a horsewoman who is allergic to mold, has flareups of sinus congestion and vaginitis when she eats fermented foods.

Tony, a second grader, sometimes gets severe asthma attacks when he has more than a taste of anything that contains soybeans.

Susan, a physician specializing in occupational health, was devastated by frequent migraine headaches until she stumbled upon their cause: corn in any form, a common ingredient in many prepared foods.

And yours truly suffered periodic attacks of abdominal pain and swelling that would last for days until dietary sleuthing revealed that foods made with soybeans or dried peas were the likely cause.

The 7 of us are among the estimated 30 million Americans who experience adverse reactions to foods, reactions that most nonmedical people call food allergies. But although Joseph and Jane are certainly allergic and the young mother probably is, the problems experienced by Cynthia, Tony, Susan, and I are not classical allergies because they do not involve the immune system. To describe the miscellaneous ill effects that can result from eating particular foods, physicians use such words as "sensitivities," "toxicities," "intolerances," "false food allergies," "pharmacological reactions," and "metabolic reactions."

From the sufferers' perspective, this is a case of medical hair-splitting. What's crucial to them is only that certain foods can make them sick.

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The field of food allergy has, in fact, become rife with controversy. Few of the connections between food and ill health that do not involve the immune system have been scientifically established. They remain in the realm of anecdotal evidence, mere suggestions of something that warrants further study. Fueling the debate are doctors on the medical fringe who diagnose "allergies" on the basis of tests whose validity has not been proved, and who prescribe restrictive diets and costly vitamin and mineral supplements—virtually the same for every patient—as the certain cure.

In researching this article, I initially believed that most of the claims attacking this food or that as the cause of everything from hair loss to athlete's foot were elaborate hokum. But after looking at the medical research and learning about various people's experiences, I now wonder whether the rigid thinking of some doctors is not ill-advised. Indeed, in dismissing symptoms that don't involve the immune system, these doctors might be doing a disservice to the health and well-being of millions of Americans.

Perhaps a food doesn't have to affect the immune system in order to ignite a yeast infection, cause the sinuses to fill, aggravate arthritis, or bring on irritable bowel syndrome. Certain foods might make some people feel tired or mentally foggy or send some children into an orbit of hyperactivity. Maybe some adverse reactions are intensified because people become "addicted" to the very foods that make them ill, a theory, known as opponent-process learning, that is well-known to psychologists but rarely considered by medical researchers or physicians. Even among classically trained allergists, there is no agreement on how to categorize the various adverse reactions to foods or how to diagnose them. So it is easy to understand why many frustrated patients, after years of fruitless visits to conventional allergists, end up turning to the medical fringe to identify the cause of their chronic or recurrent symptoms.

Certain foods might make some people feel tired or mentally foggy or send some children into an orbit of hyperactivity.

Among the leading causes of food allergies are peanuts, soybeans, peas, and other members of the legume family; nuts that grow on trees, such as walnuts; fish; shellfish; eggs; and milk. Contrary to what many people assume, chocolate, strawberries, corn, and citrus fruits are far less common culprits.

When an allergic reaction takes place, the immune system mistakes an innocent substance, such as cow's milk or shrimp, for the harmful ones it is designed to attack, such as bacteria, viruses, or cancer cells. This mistaken identification sets off a chain reaction that begins with the production of antibodies called immunoglobulin E, or IgE, whose job it is to seize threatening substances, and ends with the release of histamines and other chemicals that produce allergy symptoms.

In a highly allergic person, even the tiniest exposure to the particular substance, called an allergen, can trigger a life-threatening response known as anaphylactic shock. Blood pressure drops precipitously and breathing passages shut within minutes. People who know they are at risk of anaphylaxis should carry a loaded syringe of adrenaline with them at all times. The easiest way to inject adrenaline is with a relatively new device called EpiPen, which looks and operates like a retractable ball-point pen, available by prescription. Such emergency treatment might have saved the life of a Brown University student with an allergy to peanuts who died in 1986 after

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eating chili in a restaurant that, unbeknown to her, had used peanut butter as a thickener.

But this is an extreme situation. More common symptoms of food allergy include gastrointestinal reactions, such as nausea, vomiting, abdominal pain, and diarrhea; and dermatological reactions, such as hives, rashes, and swelling of the face, hands, feet, or genitalia. Many symptoms that patients often blame on food allergies are actually infrequently related to foods, according to studies by Dr. S. Allan Bock of the National Jewish Center for Immunology and Respiratory Medicine in Denver. Such symptoms are persistent runny nose, congestion, asthma, wheezing, and chronic coughing.

Research also indicates that reactions which many doctors at first think are food allergies usually are not. In a study by Dr. Bock and Dr. Charles D. May, now retired from the center, two-thirds of nearly 500 children—some of whom had previously been diagnosed as having food allergies—showed no symptoms when tested in double-blind fashion. In such a study, neither the patient nor the evaluating physician knows whether the suspect food or an innocent lookalike has been consumed until the test is completed.

The typical allergic reaction to a food occurs within four hours after it has been eaten. Occasionally, there is a delay of about eight hours, but symptoms that occur a day or more after exposure are rarely from an allergy. The picture is further confused by the unpredictability of food allergies. A food does not necessarily cause the same symptoms

Even the tiniest exposure to the wrong allergen can trigger a serious response.

in everyone who is allergic to it: some people might experience mild itching and others cardiovascular collapse. In addition, a person might not react to each exposure, depending on the amount of the food consumed, how often it is eaten, and coincidental exposure to other allergy triggers, such as pollen. Even vigorous exercise, when done soon after eating a particular food, can intensify an allergic reaction, perhaps by speeding the absorption of the food.

The medically accepted way to diagnose food allergies starts with a series of tests in which tiny amounts of the suspect foods are scratched into the skin, usually on the back. A patient may develop redness and swelling around the test scratches for several different foods, but this does not mean that he or she is allergic. Only about one in five positive skin tests indicates that an allergic reaction would occur after the food was eaten.

Some physicians prefer to use a blood test called the radioallergosorbent test, or RAST, to diagnose food allergies. However, RAST costs significantly more than skin tests and is no more accurate. The results of either test must be confirmed with other tests that involve actually eating the suspect foods.

With one such test, called an elimination diet, all foods in question are avoided for about a week to see if allergic symptoms disappear. Then the foods are eaten again, one by one, to determine which are the troublemakers. If this approach does not identify the culprits, a far stricter diet must be tried.

Dr. John E. Postley, a New York allergist who teaches at the College of Physicians & Surgeons at Columbia University, has devised a more precise elimination diet, outlined in his recent book, *The Allergy Discovery Diet.* People begin by keeping a detailed food diary to help pinpoint likely causes of allergies. Then they follow a diet that excludes the suspect items, as well as foods that often cause allergies, for six days, or until all symptoms disappear. For the next two weeks, small amounts of these foods are reintroduced one at a time. Foods unlikely to cause allergies are eaten once every four days in an attempt to rule them out as suspects. Throughout the diet, people keep a daily record of everything they eat. When symptoms return, it is possible to link them to particular foods.

Two other diagnostic approaches, cytotoxic tests and sublingual provocative tests, are popular among allergists who are not classically trained, but they have been the subject of much controversy. With a cytotoxic test, a sample of the patient's white blood cells is mixed with possible food allergens and then examined under a microscope to observe how the cells react. A sublingual test involves placing extracts of foods under the patient's tongue and then seeing whether symptoms develop

"Linda, I want you back. And it has nothing to do with your winning the lottery."

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within 20 minutes. The American College of Allergy and Immunology and the American Academy of Allergy and Immunology have concluded based on independent evaluations that these methods are useless in diagnosing food allergies. Advocates retort that the organizations assessed early versions of the tests, which have since been improved. Meanwhile, most health insurance policies do not cover the disputed tests.

For all the attention paid to food allergies, they are probably not the most common adverse reaction to food. There are myriad food intolerances. Most are thought to be caused by a deficiency of some digestive chemical, which in turn prevents the body from completely breaking down a food. The best known of these conditions is lactose intolerance, or difficulty digesting lactose, the natural sugar in milk; it is caused by a lack of the enzyme lactase in the body. Undigested lactose can result in cramps, diarrhea, and flatulence. Some people have an intolerance to gluten, the protein in wheat, barley, rye, and oats. They experience digestive discomfort as well as other problems, including anemia and weight loss, as a result of eating foods made with these grains. Symptoms of food intolerances can start up to a day after the trigger food is eaten.

Other reactions, known as false food allergies, occur when food seems to trigger the release of histamine and other symptom-provoking chemicals directly, without involving antibodies.

No one knows how substances cause false food allergies. Another mystery is that some of the very foods that cause classical allergies in some people manage to skirt the antibodies and produce false food allergies in others. The most frequent causes of false food allergies are milk, peanuts, and wheat, according to Dr. Jonathan Brostoff and Linda Gamlin, authors of *The Complete Guide to Food Allergy and Intolerance*, to be published this year. Other causes include such diverse foods and additives as sulfites, strawberries, tomatoes, and foods high in histamines themselves, such as sauerkraut, red wine, yeast, and tuna fish.

• • •

The most controversial aspect of food intolerances is the claim by some physicians and many lay people that they are often the underlying cause of chronic fatigue, hyperactivity, irritable bowel syndrome, recurrent headaches, muscle aches, anxiety, vaginitis, sinus problems, canker sores, food cravings, and even obesity—in effect, whatever might ail you. Most allergists say that such claims are little more than medical hearsay, but future scientific studies might eventually bear out many of them. In one of the few well-designed studies of food intolerances, conducted in England among 88 children with migraines and other ailments, 78 recovered completely when placed on diets free of possible trigger foods. When 40 of the children were retested in double-blind fashion, 35 became ill after eating the foods.

Some doctors believe food intolerances can cause anxiety, food cravings, and obesity.

Other than avoidance, there are no known cures for either food allergies or most adverse food reactions. One exception is lactose intolerance; the deficient enzyme can be artificially supplied, by taking a lactase tablet or by adding droplets of the enzyme to liquid foods containing lactose. Many people, however, eventually overcome their allergies, particularly if they avoid the food responsible for about a year and then gradually start eating it again. This somehow causes the body to decrease the amount of antibodies it produces in response to the trigger food. Some practitioners claim that certain food intolerances can be similarly overcome, but this has yet to be proved scientifically.

A review of the research on food allergies—and the many unanswered questions about similar conditions—leads to a conclusion that demands to be heard: possible adverse reactions to food deserve much more attention from the medical establishment than they have received. In which cases are foods really making people sick? In which cases are people turning to food to explain psychosomatic symptoms? To prevent spending untold amounts of money on useless tests and remedies, and to provide relief for untold numbers of people who experience painful symptoms that might be caused by food, unbiased researchers should take a closer look.

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"Really? Just because I missed one lousy aerobics class?"

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Botts and the Jet-Propelled Tractor

When his Earthworm equipment and a lucrative deal get bogged down in thawing muskeg, Alexander Botts finds a surefire solution.

BY WILLIAM HAZLETT UPSON

Illustrated by Albert Dorne

EARTHWORM TRACTOR COMPANY
EARTHWORM CITY, ILLINOIS
Interdepartmental Communication

To: GILBERT HENDERSON, *President*
EARTHWORM TRACTOR COMPANY
EARTHWORM CITY, ILLINOIS

From: ALEXANDER BOTTS,
Earthworm Sales Manager
ASPEN FALLS, ONTARIO

Date: Monday, April 19, 1948

I regret to inform you, Henderson, that it has become necessary for me to interfere slightly with some of your plans. But I know you will not object when I explain the circumstances.

While swinging around the circle visiting our dealers and customers, I stopped off here today to see my old Army friend George Humber, who, incidentally, owns one of our tractors. George met me at the door of his home and at once burst into a song of joy: "Good old Botts! You're just in time! I've got a man in here who is trying to get away. And you're just the guy to help me hang on to him."

"Always glad to help an old friend," I said.

George steered me into his living room and introduced me to a very important-looking gentleman. "Mr. Botts," he said, "I want you to meet Mr. Hamilton Hawkesbury, chairman of the board of the International Mineral Development Company, Incorporated. Mr. Hawkesbury, I want you to meet Mr. Alexander Botts, sales manager of the Earthworm Tractor Company."

We shook hands.

I had made a very natural mistake. I had installed my rocket wrong end to.

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George explained, "Mr. Hawkesbury is on an inspection tour of his Canadian properties. He is traveling in his own plane, which he pilots himself. He stopped off this morning at our Aspen Falls airport for fuel and some minor repairs. When I heard he was in town I invited him to discuss the financing of a mine which I own, and which contains large deposits of an unusual combination of rare and valuable minerals. It's a wonderful proposition."

"The location is pretty remote," said Mr. Hawkesbury. "And so far, you haven't done much development work."

"It's only a hundred miles out in the bush," said George. "I'll admit there is no road, and you can't get across the muskeg except when it is frozen. But I drove out there a year ago last winter with an Earthworm tractor. I took along a wheel scraper, a portable drill rig, and a lot of supplies. I built a cabin. I stayed through the summer. I smoothed off a landing strip for planes. I did a lot of core drilling. I scraped the overburden off part of the mineral deposits. And I got all ready for open-pit mining. All I need now is a hundred thousand dollars' worth of Earthworm equipment to build a road out there and to excavate the ore, another hundred thousand for a mill, and fifty thousand for working capital. Only a quarter of a million dollars altogether. What do you say, Mr. Hawkesbury?"

"It's an interesting proposition, but I can't decide till I see it. One of the fundamental principles on which my entire success in life has been based is personal investigation. I never invest one cent of my money in any project until I have seen it with my own two eyes."

"That's a splendid rule, Mr. Hawkesbury," said George. "You have your plane here. We can fly out this afternoon. There are plenty of provisions in the cabin. We can stay as long as you want."

"I told you before that I must leave this afternoon. I have an appointment tomorrow in Earthworm City, Illinois, to meet Gilbert Henderson, the president of the Earthworm Tractor Company. This is the organization of which you are sales manager, Mr. Botts?"

I bowed.

"Couldn't you postpone your appointment?" asked George.

"Certainly not. One of the fundamental principles on which my entire success in life has been based is personal integrity. To me, an appointment is a sacred obligation. If I make a promise, I keep it."

George gave me an inconspicuous nudge. Apparently he thought it was time for me to take over. I did.

"Mr. Hawkesbury," I began. "I think Mr. Henderson told me he had made you a proposition whereby the Earthworm Company would redesign and manufacture for use with our tractors certain types of mining machinery on which you hold the patents. Is that right?"

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"It is, Mr. Botts. I have in my pocket duplicate copies of a contract signed by Mr. Henderson. I also have a letter in which he asks me to add my signature and close the deal. But, in the meantime, I have had a slightly better offer from the Behemoth Tractor Company."

"You would prefer dealing with Earthworm, wouldn't you?"

"Yes—but I want to discuss the terms further. That is why I made this appointment to meet Mr. Henderson. So far, we have negotiated by mail. I now want to meet Mr. Henderson personally."

"If I were you, Mr. Hawkesbury," I said nonchalantly, "I wouldn't worry about this appointment too much. When you know Mr. Henderson as well as I do, you will realize that he pays very little attention to business engagements. He would not expect you to keep an appointment with him any more than he would expect you to expect him to keep an appointment with you."

"I'm afraid I don't understand," said Mr. Hawkesbury.

"It's just that Mr. Henderson is getting old—doddering—senile. He is always making appointments and then forgetting about them."

"You mean he would actually forget an appointment with anybody as important as I am?"

"As a matter of fact, Mr. Hawkesbury, he has already forgotten his appointment with you. When I left the factory a couple of days ago, Mr. Henderson was just leaving for two weeks' vacation in Mexico. The poor old duffer was babbling cheerfully about what a restful time he was going to have—with never a thought about business. So there is no reason why you should not go out to George's mine for a few days. You can see Mr. Henderson later."

"All right," said Mr. Hawkesbury, "I will go out to the mine. And, as far as I am concerned, Mr. Henderson can wait forever."

"Don't take this so seriously, Mr. Hawkesbury," I said, slapping him cordially on the back. "It is true that Mr. Henderson is careless, but he is a splendid fellow, and I am sure you are going to enjoy meeting him."

Having smoothed the old guy down in this way, I said that I would like to go along on the trip to the mine. Mr. Hawkesbury and George Humber made no objections, so we all drove out to the airport.

The repairs to Mr. Hawkesbury's plane had not yet been completed, so I have been spending the past hour writing this report to you. We are now about ready to take off, so I will close by assuring you that you do not have to worry about the successful outcome of my present venture. Now that I have managed things so that I can spend several days with old man Hawkesbury, I know that I can work on him so effectively that he is certain to finance George's mine. The sale of the hundred thousand dollars' worth of Earthworm equipment is thus assured. And I will also sell him on the advantages of dealing with the Earthworm Company so that he will be in the proper frame of mind when he finally gets to Earthworm City to discuss the contract with you.

If you wish to communicate with me while I am at the mine, you may address me at the Aspen Falls Airport. Mr. Hawkesbury's plane has a short-range two-way radio, so we can relay messages back and forth.

Cordially yours,
ALEXANDER BOTTS
Sales Manager

TELEGRAM
EARTHWORM CITY, ILL.
APRIL 21, 1948

ALEXANDER BOTTS
ASPEN FALLS AIRPORT
ASPEN FALLS, ONTARIO

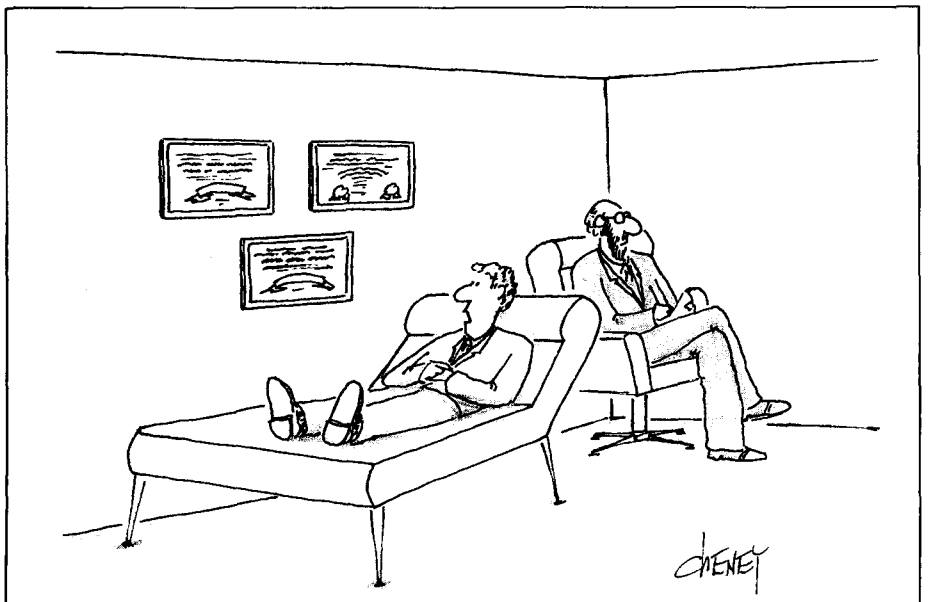
YOU WILL STOP BREAKING MY APPOINTMENTS. YOU WILL STOP UNDERMINING MY REPUTATION. YOU WILL APOLOGIZE TO HAWKESBURY. TELL HIM I AM NOT SENILE. I AM NOT DODDERING. A PROMISE IS JUST AS SACRED TO ME AS TO HIM. YOU WILL DO EVERYTHING POSSIBLE TO FACILITATE HIS IMMEDIATE DEPARTURE FROM THE MINE AND HIS EARLY ARRIVAL IN EARTHWORM CITY WHERE I AM AWAITING HIM.

GILBERT HENDERSON

HUMBER MINE, ONTARIO.
Wednesday evening, April 21, 1948

DEAR HENDERSON: Your telegram was read to me this afternoon over the short-range radio from the Aspen Falls Airport. As I was listening through earphones, neither George nor Mr. Hawkesbury heard any of it—which is just as well, as your message might have impaired their confidence in me at the very time when it is highly essential for them to have complete faith in my ability.

In view of the very difficult and delicate situation in which I find myself involved here, I would have appreciated a message of encouragement from you rather than the blast of purely destructive criticism which you saw fit to send me. Under the circumstances, I have decided not to follow any of your suggestions. Mr. Hawkesbury is in such a state of insane rage that he is incapable of listening to reason. Any attempt to apologize would only give him the idea that I had deceived him in the



"I have this constant, haunting feeling that I'm trapped in a cartoon which has been clipped from a magazine and taped to a refrigerator door."

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first place, and thus stir him up worse than ever. At the present time, therefore, I will make no attempt to correct any erroneous impression which he may have formed regarding your character, Henderson.

As I told you in my previous letter, George Humber, Mr. Hawkesbury, and I left the Aspen Falls Airport day before yesterday—Monday—afternoon in Mr. Hawkesbury's private plane. Mr. Hawkesbury piloted the machine. George, who is also a licensed pilot, acted as navigator. We landed safely about sunset on the airstrip at the Humber mine, and spent the night in George's comfortable little cabin.

We spent all day yesterday inspecting the property. The weather was fair and warm. At this season in these northern regions the frost is just coming out of the ground. Here and there we found patches of ice and snow. In other places the mud was deep. George showed us the holes where he had done his core drilling, and he explained the extent of the mineral deposits. We inspected the small area where he had removed the overburden with his tractor and wheel scraper, and we looked over the site where he planned to erect his mill.

Mr. Hawkesbury seemed favorably impressed.

"One of the fundamental principles," he said, "on which my entire success in life has been based is initiative and ingenuity. Being richly endowed with these qualities myself, I always like to deal with men who are similarly endowed—which means you, Mr. Humber. The initiative and ingenuity you have shown in locating this mine and planning its development are very remarkable."

Things were indeed going well. I was much encouraged. But that was yesterday.

Last night we had a terrific rainstorm—a veritable cloudburst. We were snug enough in the cabin, but when we looked around this morning we found that a deep gully had been washed out right across the middle of the airstrip.

Mr. Hawkesbury and George were filled with consternation. We had planned an early departure. But both of them agreed that it would be impossible for the plane to take off with only half of the runway available. My two friends were in a quandary. I, however, was much pleased.

I drew George aside and whispered in his ear: "Watch me give this bird a sales talk." I then walked up to Mr. Hawkesbury, threw out my chest, and spoke in clear and confident tones.

"Sir," I said, "under certain circumstances our predicament might be serious. We are in the midst of an uninhabited wilderness a hundred miles from civilization. Between us and the nearest settlement, there are no roads or other means of communication—nothing but mile after dreary mile of rocks, bush, and muskeg. Our plane cannot take off—nor can any other plane land to rescue us—until we have filled up that gully in the middle of our airstrip."

Mr. Hawkesbury interrupted me, "Don't waste my time telling me what I know already."

"Just give me a chance to explain," I said. "If the three of us tried to fill this gully with dirt, using picks and shovels and wheelbarrows, it would take us many weeks—even months——"

Mr. Hawkesbury interrupted me again, "If you've got a sensible plan of action, let's hear it. Otherwise, shut up."

Note: At this point, my quick mind recognized the fact that Mr. Hawkesbury has the slow and unimaginative type of mind which is not impressed by the more artistic and oratorical aspects of a sales talk. I therefore came directly to the point.

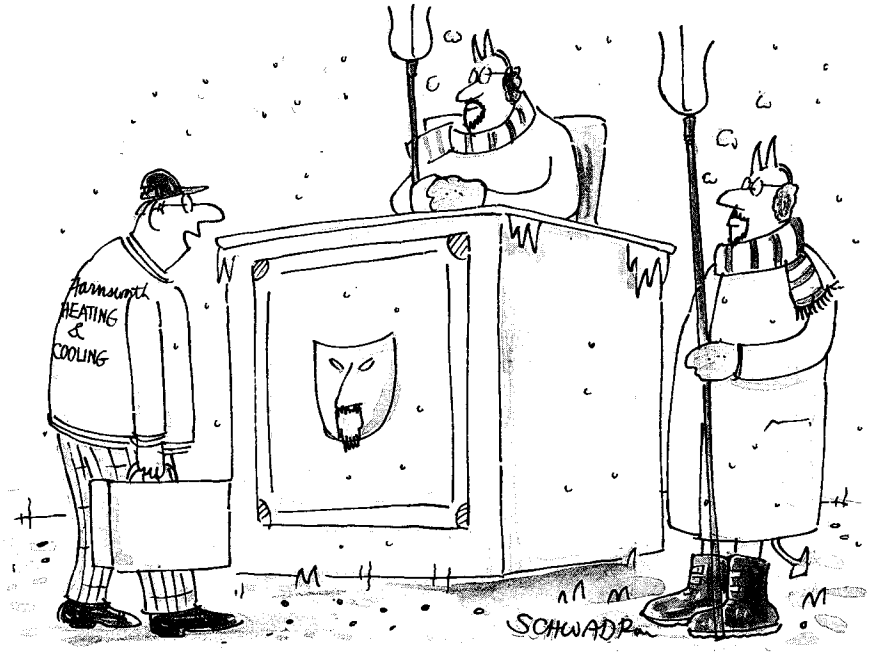
"Sir," I said, "you need have no further worries. In yonder shed Mr. Humber has an Earthworm tractor equipped with a bulldozer and a 15-yard wheel scraper. With this machinery we will fill that gully and smooth off the airstrip in half a day or less. When you see how rapidly and effectively the job is done, you will have no further doubts as to the advisability of using Earthworms—and Earthworms only—in constructing the road out here and in the excavating operations for the mine. Furthermore, when you make the final decision as to what tractor you are going to use in connection with your mining machinery——"

Once again Mr. Hawkesbury interrupted. "Holy cow," he said, "if you're going to fix that airstrip, why don't you go ahead and fix it?"

I said, "I am on my way."

George and I opened the doors of the shed. We started the motor and drove the beautiful tractor out into the open, dragging the big 15-yard scraper behind us. I insisted on driving myself, because there is a certain style and distinction to my way of handling a machine. I went roaring

continued on page 110



"I'm Ed Farnsworth from Farnsworth Heating and Cooling. What seems to be the problem?"

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THE NITTY-GRITTY OF LAWN CARE

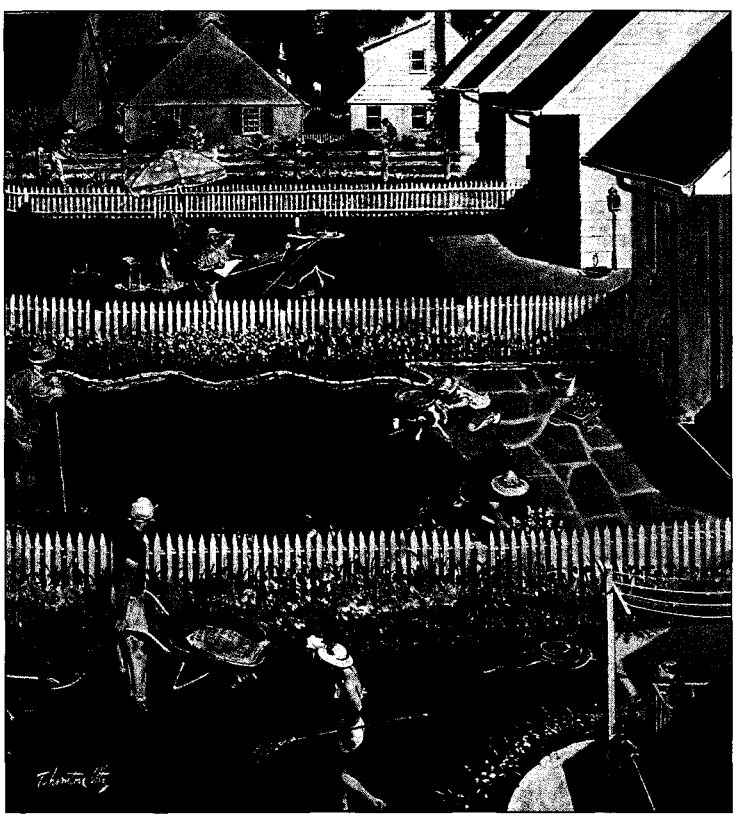
Are you one of America's 53 million well-meaning householders who overstimulate their lawns only to damage them further with the traditional weekly crew cut?

by Michael Allen

In 1726, Jonathan Swift wrote, "Whoever could make two blades of grass grow where only one grew before, would deserve better of mankind, and do more essential service to his country than the whole race of politicians put together."

Making two blades of grass replace one is not the problem for many of us. Our biggest concern is how to make one blade grow in the first place.

Why we spend hot summer days and cold cash coaxing grass to grow is a good question. We hate to mow, and we hate to dwell on the dismal thought that it's an endless summer job. And yet we fertilize and water and weed and allow our lawns to turn us into male nurses and our wives into grass widows just to make our lawns grow faster. Which means we have to mow more often. And should a neighbor's lawn surpass ours in luxurious growth and color, we become green with envy. Greener than our lawns, in many cases.



For homeowners who prefer other pastimes to pampering their grass, there's good news: lawn fanatics can overdo it.

Fortunately, there are tactics we can employ to keep our lawns looking great without devoting all our leisure time. According to Dr. Eliot Roberts, director of the Lawn Care Institute at Pleasant Hill, Tennessee, some homeowners are smothering their grass with too much affection.

In our urgency to win the Best Lawn blue ribbon, we too often make the mistake of overstimulating the blades with too much nitrogen and turning the little fellers into fescue Schwarzeneggers, after which they fade away in the summer heat. Overstimulated grass becomes soft and succulent, takes up too much water (which is damaging in hot weather), and becomes susceptible to diseases and more palatable to insects. To prevent this, Dr. Roberts recommends using slow-release fertilizers, the best of which are organic. These contain nitrogen plus phosphorous and potassium, the two other major elements required for a healthy lawn.

Lawn irrigation is equally important. The Lawn Institute tells us, in fact, that 70 percent of all lawn problems are related to improper watering. Too much water, we overstimulate; too little water, just the reverse.

How often to water depends a lot upon the type of soil we have. By and large, grass should get about an inch of water a week. Dr. Roberts recommends using a rain gauge. Heavy soil must be watered slowly for a long time so the water will reach the root zone. The grass can then go two or three weeks between waterings. Sandy soils soak up water ten times faster than clay, so we must water sandy areas more frequently. Regardless of soil, if water begins running down the sidewalk or the driveway, turn off the water.

Too many of us tend to judge our lawn by its color. If it doesn't have that deep green tone of robust health, on goes more nitrogen, or more water, or both. Instead, we should resort to one of the many products now on the market containing chelated iron. This will put a healthy glow in the cheeks of the little blades without stimulating them to overexertion and perhaps sudden death.

The best defense against weeds' raising their ugly heads in our lovely greensward is a healthy greensward. Where lawn grasses are thick and lush, weeds don't stand a chance. Should crab grass, the nemesis of all lawn tenders, somehow bully its way in, get to the weed before it sprouts by applying a preemergence herbicide early in the spring. Many herbicides are available in combination with lawn food.

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Or we can spot spray the blighters. We'll have to do this, however, at least twice a week.

Now about the mowing.

The time of day to mow should depend less upon the clock and our work schedule and more upon how wet the grass is. Dry grass stands straight up and makes for a clean cut. Wet grass, on the other hand, sags and curls, and clumps of wet grass clippings decompose slowly, smothering the grass beneath them.

Too many of us 53 million U.S. householders who tend our own lawns and gardens like to think that once a week we have to crank up the old mower and give the lawn a crew cut. But we may be not only wasting our time but harming our lawns as well.

Grass given fertilizer and plenty of moisture can be mowed once a week, but in hot, dry conditions, once a month could suffice. A good lawn-cutting rule to follow is never to cut more than a third of the grass height in one mowing. If grass has been left to grow six inches, don't give it that crew cut in one mowing. Cut off two inches, let the lawn recover from the shock of being barbered (yes, we put our lawn under stress every time we mow), then a few days later make a final cut to an eye-pleasing height.

By following this rule of thumb (green thumb, of course), we become "grassroots" environmentalists, allowing the clippings to fall back onto the lawn to decompose and help nourish the turf rather than being bagged as trash and hauled to a landfill. Heaven knows we're hauling too much stuff out there as it is.

Grass plays an important part in controlling climate. In a typical block of eight houses in suburbia, the lawns have the cooling effect of about 70 air conditioners. (And lawns are much quieter, we might add.) As evidence, consider the fact that Phoenix, Arizona, is warming up while Palm Springs, California, is cooling down.

"Phoenix is getting hotter because the watering of lawns has been restricted," Dr. Roberts says. "Palm Springs is getting cooler because of the number of new golf courses in the area that are being watered."

Among other attributes, lawns also reduce sound levels by 20 to 30 percent; absorb glare from buildings, paved surfaces, and shiny cars; and remove large amounts of pollutants, including sulfur dioxide, carbon dioxide, hydrogen fluoride, and peroxyactyl nitrate, from the air, churning out in return the true breath of life: pure oxygen. Something to think about the next time you are out behind your lawn mower in 80-degree heat.

WATER-SAVING TIPS

Save water and money by following these ten simple methods:

1. Mow as infrequently as possible—Mowing puts the grass plant under additional stress, and it will use more water.

2. Mow higher than normal—Greater leaf surfaces hold plant liquids and shade the root zone. Never remove more than one-third of the leaf blade in one mowing. Longer blades usually mean deeper, more efficient roots.

3. Water and mow in the early evening or morning—Less wind and heat reduces stress on the plant and allows for greater penetration and less runoff or evaporation.

4. Water for deep penetration—Interrupt watering when puddles or runoff occur; allow the water to penetrate into the soil before restarting. Light, infrequent sprinkling may actually do more harm than good.

5. Spot water—Drier areas near buildings and on slopes require more water than flat areas where water doesn't run off.

6. Aerify or verticut turf—Increased penetration of water and air will place the water where it can be used by the grass plant.

7. Use a soil probe—Test soil moisture with a probe or a screwdriver. Water only when the soil is dry or the probe is difficult to push into the ground.

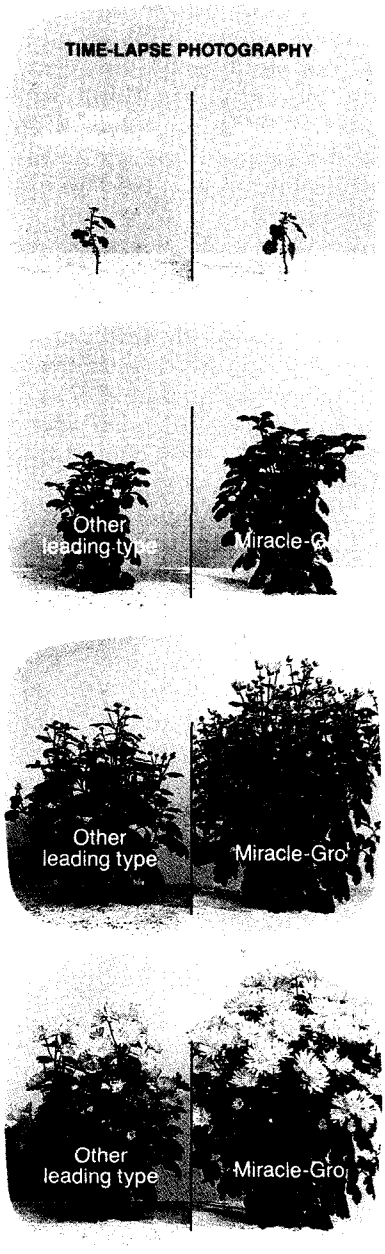
8. Match fertilizer to plant requirements—Extension agents or professional agronomists can recommend timing and amounts of fertilizer needed by each grass variety. This reduces not only waste and mowing needs but also overly succulent, water-wasting growth.

9. Increase disease and insect control, with care—Drought-stressed turf is more susceptible to pest problems, but too much pesticide will increase stress in the plant.

10. Accept a less-than-lush lawn—Grass will naturally go dormant during periods of drought but will readily regenerate when water becomes available. Reduce traffic on these areas if possible.

FROM START

Everything is identical except the plant food.



TO FINISH

THE DIFFERENCE

is Miracle-Gro® Plant Food

From time-lapse photography based on experiments conducted by a major university.

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TENNIS' NEW LEGEND IN THE MAKING

Jennifer Capriati, a 14-year-old schoolgirl from southern Florida, has become the darling of the tennis world.

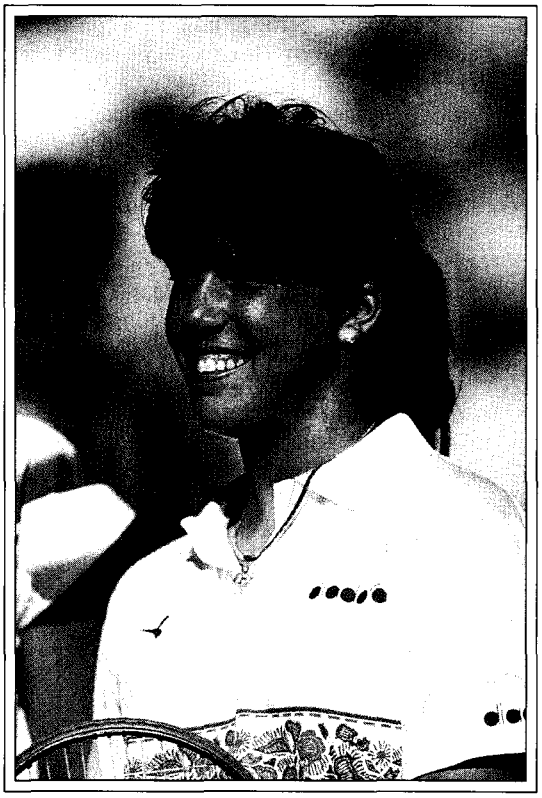
by Dave Scheiber

It was five minutes after the finals of the Family Circle Cup tennis championships on Hilton Head Island, South Carolina, but the show was far from over on the stadium court. As NBC cameras beamed the event live across the country in April, Jennifer Capriati, a bubbly schoolgirl suddenly near the head of the class on the women's circuit, was still thrilling the sellout crowd.

The 14-year-old sensation might have just lost in two sets to veteran women's star Martina Navratilova, yet she was about to hit a winner at the end of her post-match interview with the commentator, Bud Collins. "I'm not finished," Capriati interrupted playfully, as Collins tried to wrap up the brief Q and A session. Cheers and laughter instantly filled the stands at the sight of the ponytailed eighth grader commandeering Collins' microphone and then thanking her family, friends, and fans for their support.

In truth, Capriati was right on the money with Collins. She's not finished yet—she's only just begun a lucrative career that has the tennis world talking about a legend in the making. That might seem like a heavy burden for a girl who, in some ways, is just your everyday teen, a kid whose favorite movie actor is Tom Cruise, and one who loves to scour the nearest shopping mall for clothes, pick up new dance steps from MTV, or simply pal around with her friends from school. But Capriati, with her boundless energy and gentle confidence, seems oblivious to the pressure.

"I'm just really enjoying myself," she said. "I'm having fun."



The future looks bright for Capriati, the best prospect in U.S. women's tennis in years.

And in the process, she continues to serve notice that a new force in American tennis may have arrived. With the retirement last year of Chris Evert, Capriati's grand entrance as a professional this year couldn't come at a better time for a U.S. contingent craving a charismatic new champion.

You certainly couldn't find a more fitting successor to the Evert legacy: she was coached as a toddler by Evert's father, Jimmy; her business manager from the International Management Group is Chris' younger brother, John; and her longtime friend and idol is Chris herself. As a constant reminder of their sisterly relationship, Capriati always wears a gold bracelet Evert gave her as a present three Christmases ago: on the front is engraved JENNIFER and on the back LOVE, CHRIS.

With all the family ties, it's small wonder that Capriati's playing style bears a striking resemblance to Evert's pounding ground stroke game, spiced up by the newcomer's penchant for rushing the net boldly to volley.

"I've known Jennifer since she was five years old, and I always knew she was a feisty competitor and great athlete," Evert said this past March. "I wouldn't be surprised if she ends up in the top ten this year."

Capriati certainly has done nothing to prove Evert wrong. In her first three tournaments, her feats included becoming the youngest player ever to reach the women's finals in a pro debut; gaining the finals in two of the three outings; routing the 1989 French Open winner and fourth-ranked player of 1990, Arantxa Sanchez; and vaulting from no ranking to the top 25 in the world. Along the way, Capriati has stirred intense international interest for her appearances this year at the French Open this spring and at Wimbledon.

Of course, she's accustomed to all the hoopla by now, having endured a crash course in media hype during her first step as a pro in early March at Boca Raton, Florida. More than a hundred reporters from as far away as West Germany, Yugoslavia, Portugal, and Argentina arrived for the normally routine Florida tournament. In anticipation of the journalistic crush, tournament organizers had doubled the size of the press tent. It quickly became the site of daily standing-room-only, post-match press conferences for Capriati, who mowed down a handful of high-ranked veterans with her 94-mile-per-hour serve, relentless coverage of the court, and punishing baseline shots—all fueled by her precociously powerful 5'6", 125-pound frame.

At times, Capriati's performances before the press proved as entertaining as her play on the court. After winning her first pro match, defeating the 110th-ranked ten-year pro Mary Lou Daniels, she calmly took her seat on the podium—and then poked a little fun at the mob of photographers who

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had converged on her and Daniels when they first entered the stadium. "I'm excited about my match, but I think the media is a little out of control," she said with a smile, triggering laughter among the press corps.

Capriati, meanwhile, seemed surprisingly in control with the media as the week progressed. The highlight came in an evening session, when a writer from England started asking if young Jennifer realized that by the time she stepped onto the court in an hour for doubles with Billie Jean King—— "That it'll be past my bedtime?" Capriati injected. The remark brought down the house.

Daily doses of forehand smashes and camera flashes weren't the only items on Capriati's agenda. She also had to contend with the bane of any teen's existence: homework. Being more than 200 miles from her private school—Palmer Academy near Tampa, Florida—wasn't enough to get her off the hook. School officials faxed her assignments in math, science, history, English, and Spanish, and Capriati, an A student, had to have them faxed back the next day.

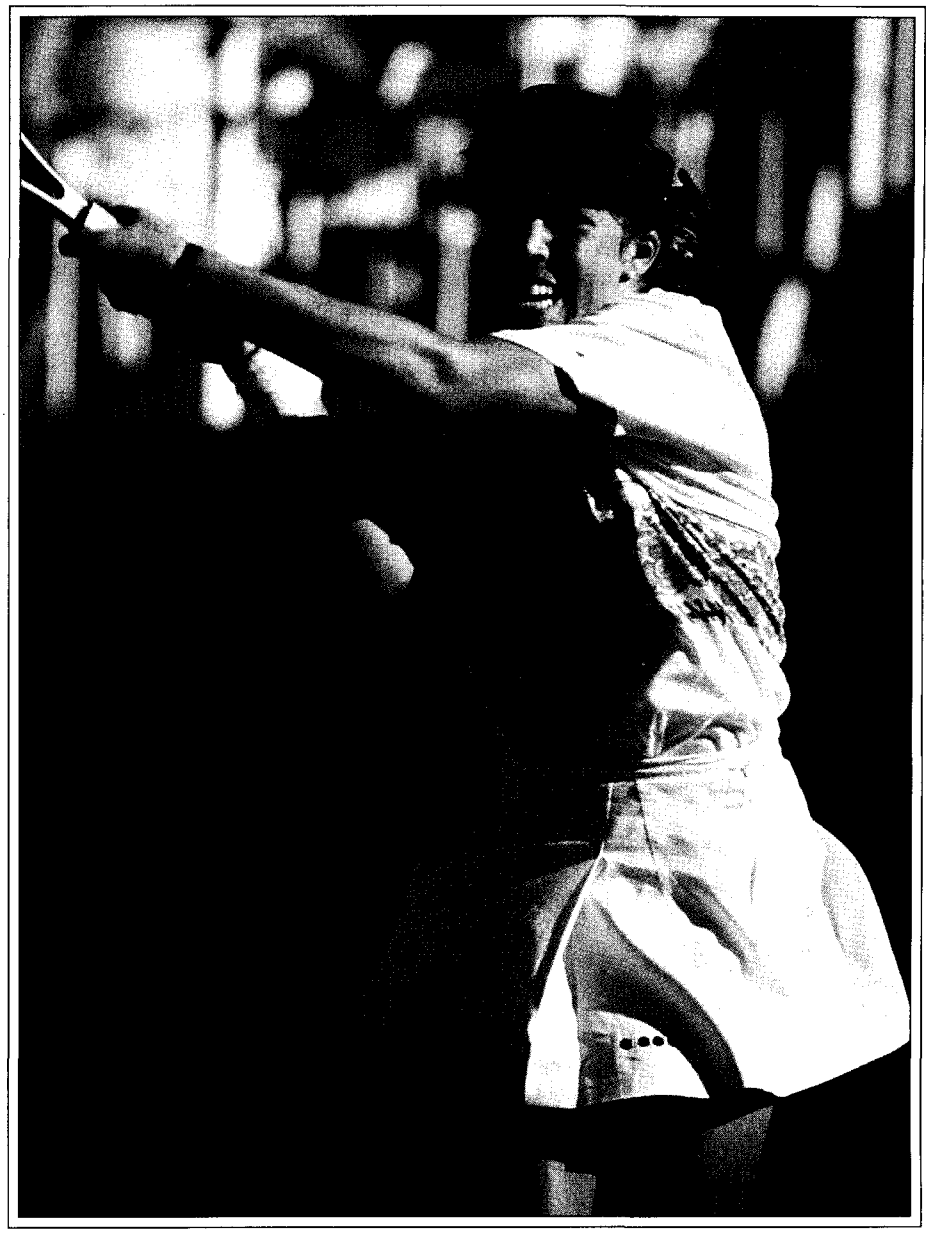
At night, sometimes all the excitement would catch up with her. She'd lie awake past midnight, tossing and turning in the hotel room she shared with her younger brother, Steven. "I'd be really tired, and I would get in a hyper mood," she said. "So I'd just jump out of bed and start fighting with my brother until our parents would tell us to quiet down."

It was the third-ranked Gabriela Sabatini who eventually quieted down Capriati, defeating her 6-4, 7-5. But in a larger sense, Capriati had won the tournament hands-down by spurning pressure with an array of gutsy comebacks during the week and ultimately surpassing the lofty expectations that had awaited her in Boca Raton.

"Watching her play is just awesome," said Wendy Turnbull, a former t ur standout.

"She can definitely be the leading person in the '90s," said Pam Shriver, the pro tennis veteran. "As far as tennis in the States goes, there hasn't been a real strong personality and marketable young player to make an impact since Andrea Jaeger or Tracy Austin. We've either had Billie Jean or Chrissie. The time is right to have a new star."

In a way, Capriati's trek to tennis stardom began with her father,



Jennifer Capriati began swinging a tennis racket at the age of 3, but it wasn't until the ripe old age of 11 that she won her first tournament.

Stefano. Reared in Milan, he played goalkeeper on a soccer team, then gravitated to tennis in his 20s. Stefano, a burly, handsome man, parlayed his athletic ability into a stint as a movie stuntman in Spain and landed parts in such films as *Patton*, *The Last Run*, and *100 Rifles*. It was in Spain 18 years ago, while swimming in a hotel pool, that he met an attractive flight attendant from New York catching some rays during a layover. The two hit it off from the beginning, and Denise and Stefano Capriati married after a commuter courtship.

Tennis quickly became a common bond for the couple. Working as a club pro in Long Island, Stefano took time to teach the game to his wife. She was hooked, playing until the day before heading to the hospital to deliver Jennifer. Stefano had his daughter doing baby-style situps by six months, as the story goes; by three years old, she was swinging a tennis racket; and by four, she seemed to have a genuine gift, rallying endlessly with the ball machine. The rest is history: Stefano prevailed upon Jimmy Evert, a Florida tennis pro, to give the precocious child a lesson. Evert couldn't believe his eyes—he was seeing the most amazing young prospect since his own daughter, Chris.

The Evert connection was in place; Capriati learned the game from the famous tennis father for the next five years. That education became the

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springboard for a dominant juniors career, highlighted last year when Capriati won the junior division singles championships at both the French and the U.S. opens.

At 13, Capriati was initially still too young to turn pro, according to rules established by the Women's International Tennis Association (WITA). In 1986, the WITA, hoping to prevent the kind of injury-riddled careers that undermined young stars Andrea Jaeger and Tracy Austin, decreed that a player had to be 14 to play professionally. However, they softened the rule recently, to permit a girl to play professionally in the month of her 14th birthday.

As a result, though Capriati was still three weeks shy of 14, she could now make her long-awaited debut in a southern Florida setting not far from where Evert had emerged as a star two decades earlier. In fact, Capriati even spent several days at the tournament relaxing in Evert's house just a few blocks from the stadium court, watching television and avoiding the glare of the international media.

Well before Capriati hit her first ball as a pro, she scored big in the endorsement department. After a bidding war among tennis goods companies, the International Management Group signed its coveted client to endorsement contracts with the Italian clothing and shoe firm Diadora, and also to Prince rackets, for deals that could exceed $6 million.

Capriati, however, has seemed totally unfazed by all the money, attention, and demands on her time during the past year. A pretty teen with her father's dark, Mediterranean coloring, she's just gone about her business, heading off to school on weekdays from 7:00 to 11:00 a.m., polishing her game with her father during the day, then finishing school in the evening. Her classmates at Palmer Academy have become one big fan club. A large contingent from school attended her final at Boca Raton and assembled the message G-O J-E-N-N-I-F-E-R with colored poster cards in the stands.

"They don't treat me any different," she said. "I'm just the same old Jennifer to them."

The same kid who still likes to go to the movies, dance in front of the mirror with the radio blasting, or blow away the older boys she practices against to keep her game tuned. "I like to whip the boys," she said. "They say, 'Man, no 13-year-old is going to beat me.' That drives me crazy. If it's a boy and I beat them, it feels good."

Her parents, as well as her business manager, John Evert, have done what they can to preserve Capriati's privacy and time for normal activities. They have kept media access, aside from tournament press conferences, to a minimum. And they've limited the number and type of business endorsements she does, to prevent her from having to travel excessively to make required appearances. "She's still going to have a lot of free time outside of practice, but her parents want her to use that free time with her friends," John Evert said. "That's what's gotten her where she is; she's having fun, she loves the game, and let's keep it that way."

For Denise, there's been a special enjoyment in seeing her daughter handle the pressure and rewards so well. "I'm really happy for Jennifer," she said. "It's what she's been dreaming of for so long, to finally turn pro and be so successful. And the way she handles the press with such composure is almost better than the tennis. I just think she's really adjusting well. I don't think it's too much; she's just taking every day as it comes and enjoying every moment she can."

"My dream," said Stefano, who is now in his mid-50s, "is that she keeps growing with this game for many, many years."

Despite Capriati's amazing start, there are certainly no guarantees. Billie Jean King cautions about the dangers of the second year on the tour.

"The first year, everything is new and nobody really has the book on you," she said. "But it gets tougher after that. The one thing I've stressed to Jennifer is to just keep the love of the game very close to her heart."

That appears to come naturally to the kid who's already made the grade in the big time.

"I hear you're an Indian!"

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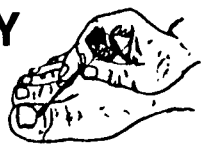

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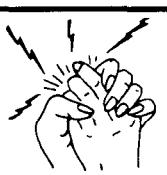

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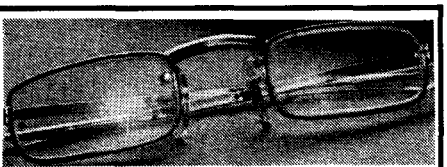

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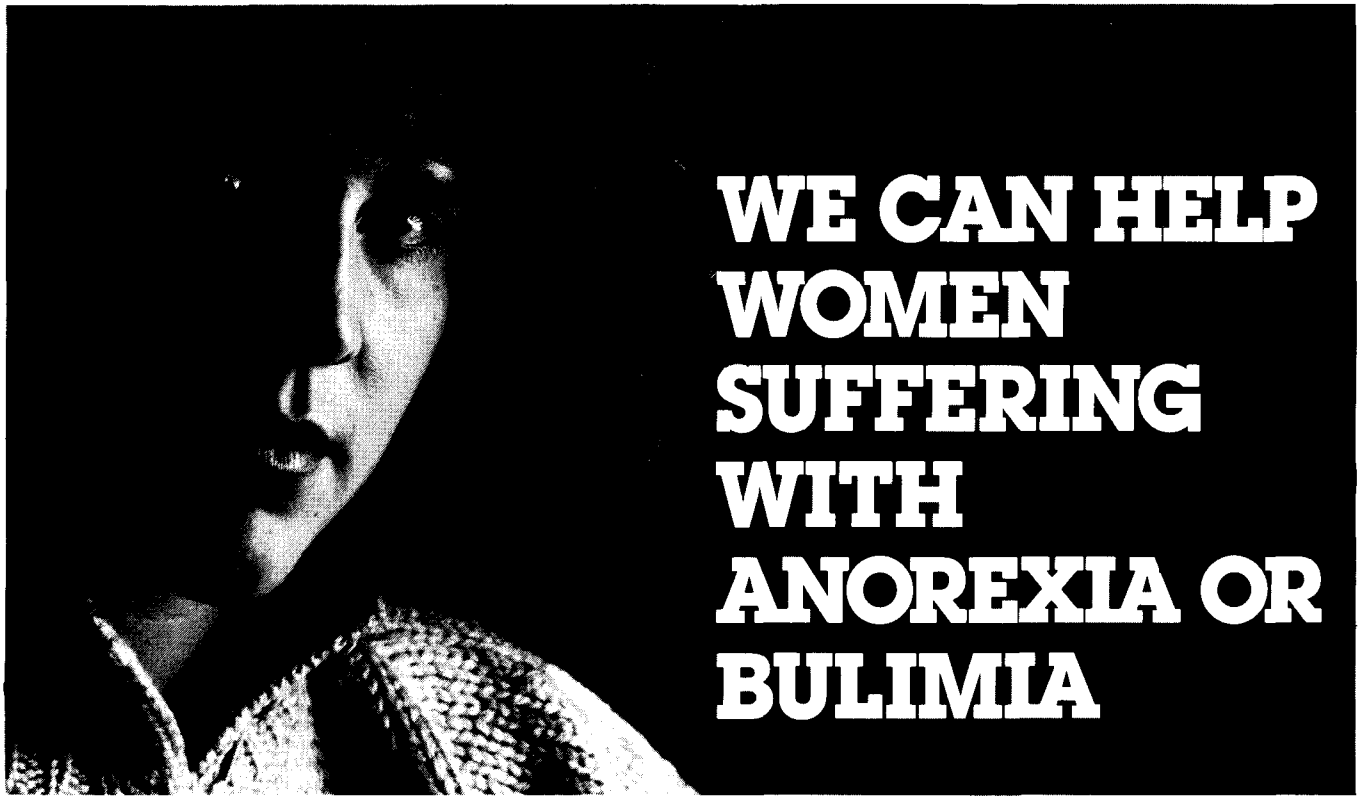

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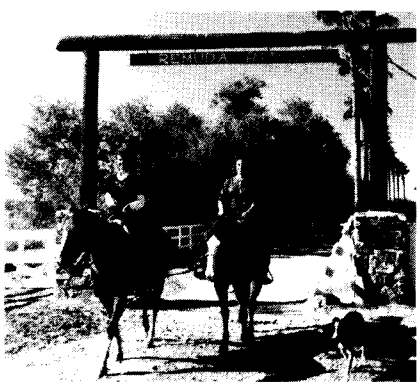

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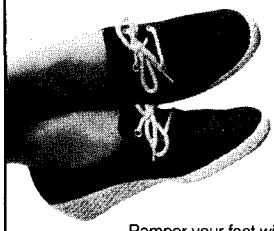

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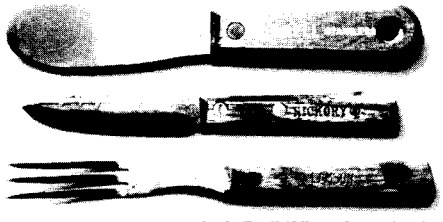

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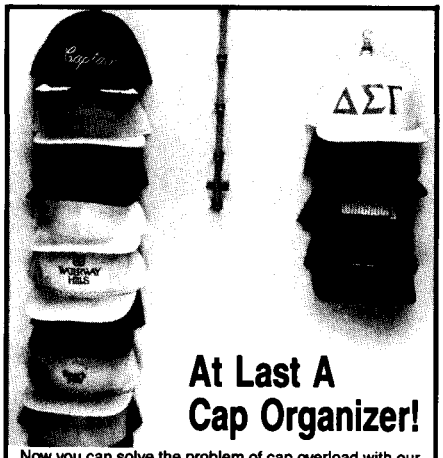

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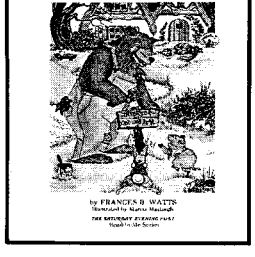

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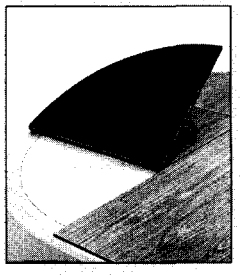

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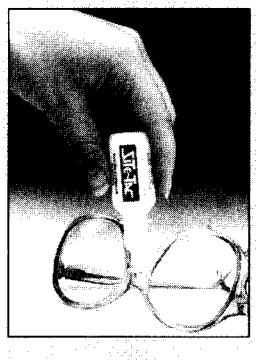

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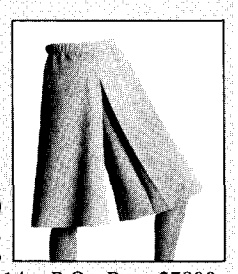

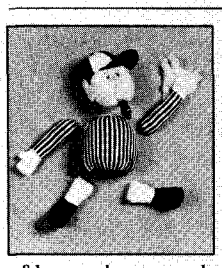

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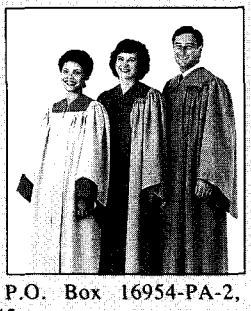

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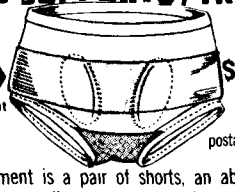

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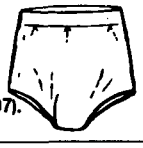

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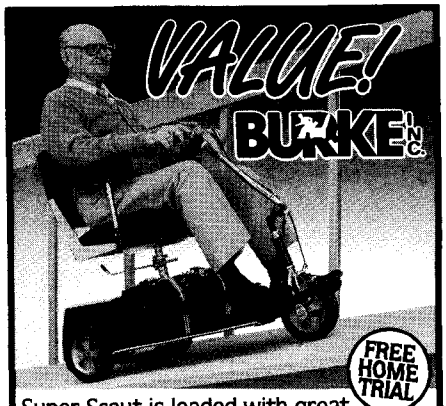

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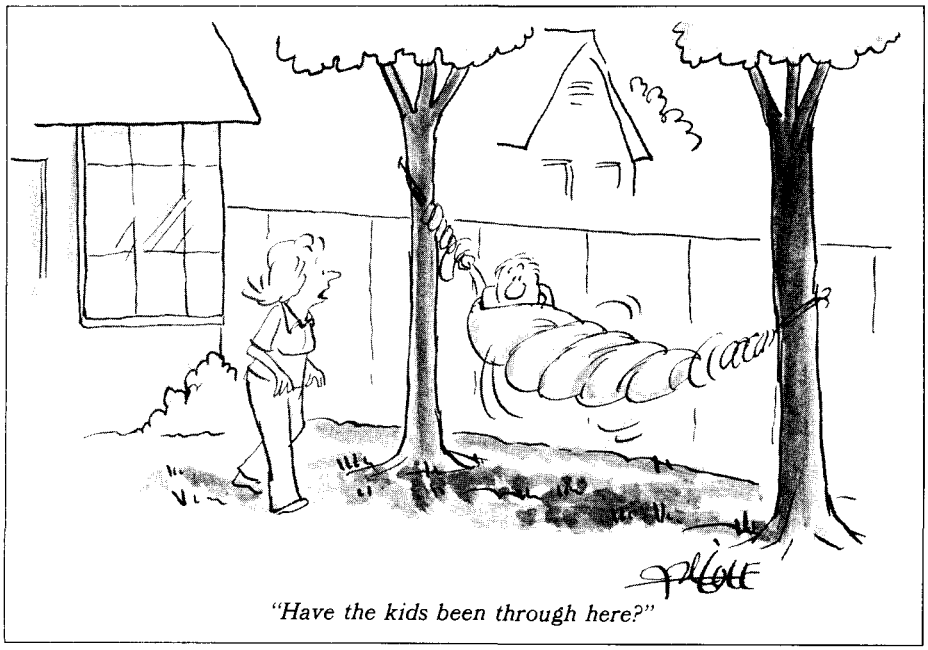

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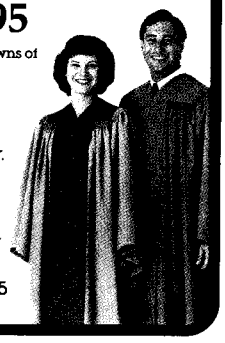

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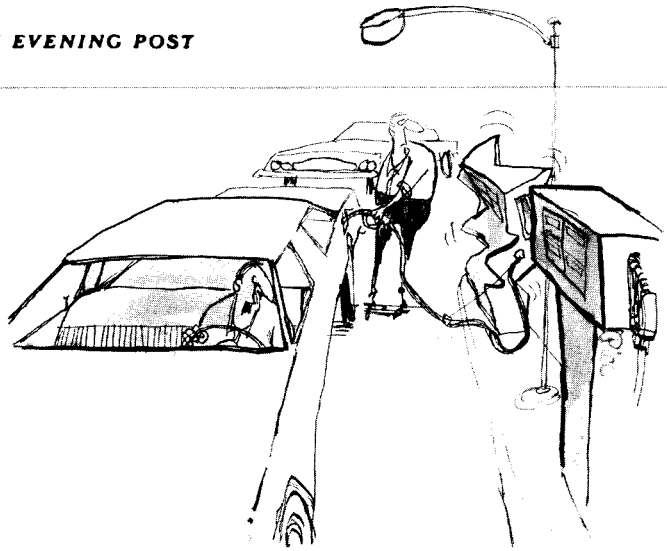

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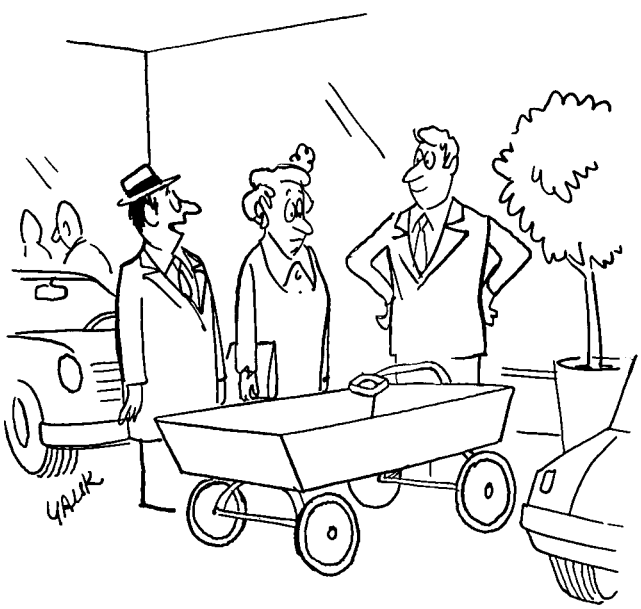

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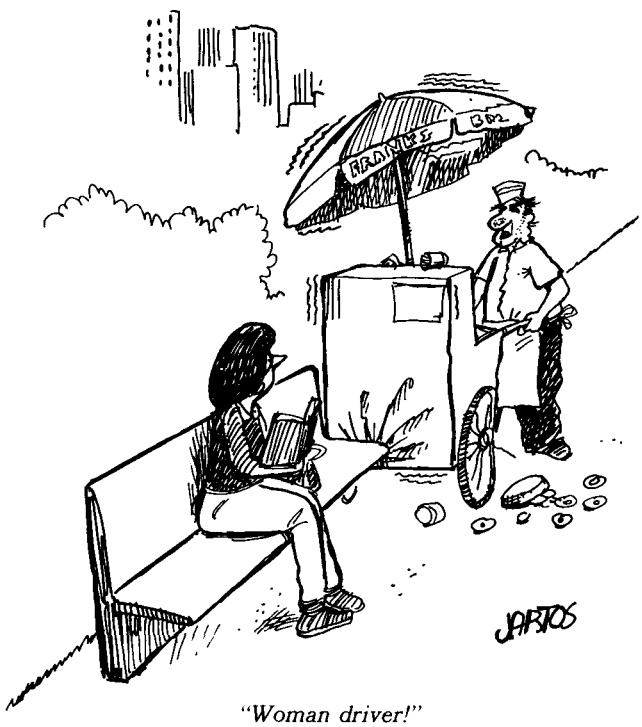

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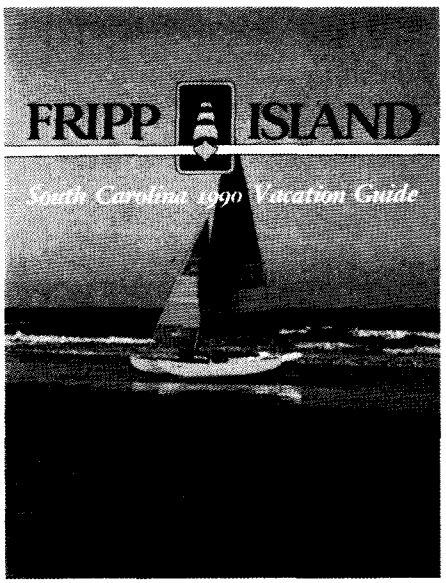

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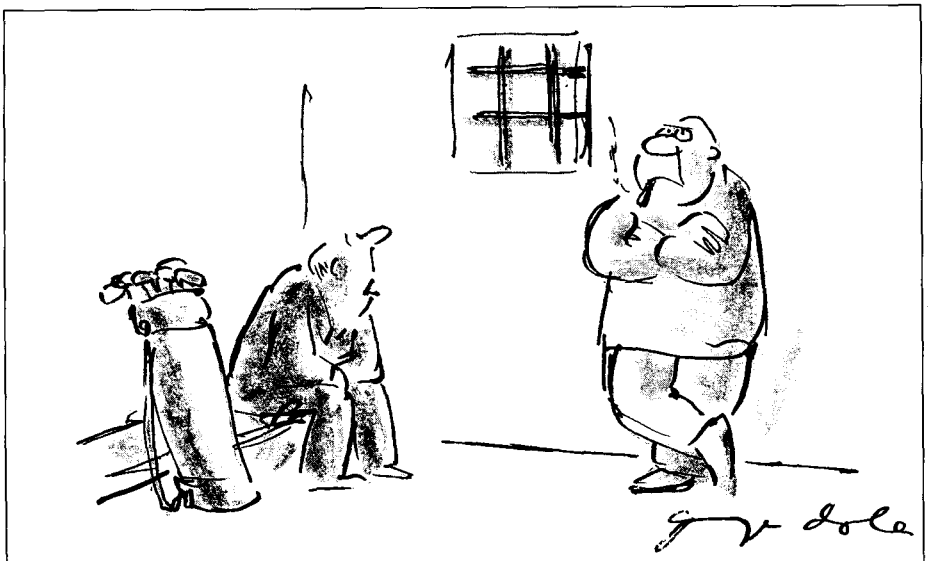

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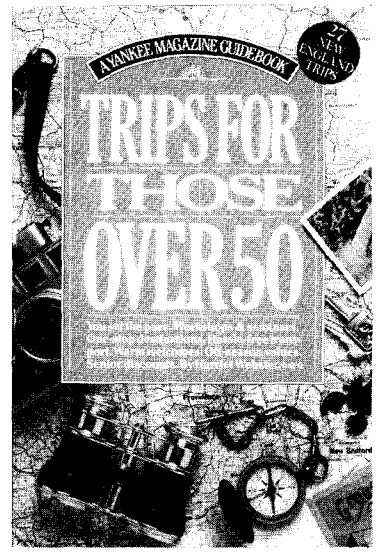

Ever wanted to take a course in fly fishing while shopping for hunting boots? How about tossing a bale of tea into Boston Harbor like the colonists did back in 1773? Or maybe you'd just like to stroll amid six acres of wild flowers where more than 250 species grow in natural settings.

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If you're interested in, as the author puts it, "what makes a town tick rather than just what there is to do there," discover the hidden charms of the city and countryside with *Trips for Those Over 50.* Illustrated with maps and black-and-white photographs, the book also covers such important details as directions, hours, admission, parking, and access for the handicapped.

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LANDING 'EM BETWEEN THE LAKES

In this valley of the dammed, demon whiskey has been cast out by a heavenly host of righteous recreation.

by Bill Mueller

In the 1920s, when this land was known as Land Between the Rivers, it was a wild, rocky ridge of woodland pressed in the ten-mile gap between the Cumberland and Tennessee rivers. Locals, hard-pressed to wrest a living from such a landscape, turned its Golden Pond area into a bootleg capital for the mill and factory towns of surrounding Kentucky, Ohio, Tennessee, and Illinois. Eventually, the moonshiners were put out of business, and the Tennessee Valley Authority purchased the homesteads and timber holdings in the 40-mile-long strip. Dams were built virtually side-by-side on the northbound rivers, and a canal was cut to link the vast expanses of the new Kentucky Lake and Lake Barkley. The Land Between the Rivers had become Land Between the Lakes.

Today, Land Between the Lakes, or LBL, is a 170,000-acre multi-use park surrounded by 220,000 acres of lake water and operated by TVA. Many fishermen rate its crappie fishing as the best in the country. The north-flowing Tennessee River brings up threadfin shad, smaller and tastier than the tough northern gizzard shad common to other lakes at this latitude. Vast schools of these bait fish are hunted by crappies and a growing population of bass. Bass are often seen herding shad in the lake, to the point that the surface of the water explodes with panicked prey and voracious predators. In winter, the threadfin grow sluggish, easy targets for eagles or fish. Spring brings schools of shad migrating north once more, to start the cycle all over.

Because of LBL's management, hunters can find virtually every habitat imaginable and game that ranges from wild turkeys to white-tail deer to coyotes and quail. But the sportsmen who visit LBL account for only part of the park's visitors. LBL's 200 miles of trails attract hikers, bikers, and joggers. Wrangler's Camp appeals to the horsey set with three barns, campsites, and 24 miles of trails to work the mounts. Another 2,350 acres are set aside for off-road vehicles, where they are strictly confined. A vast waterfowl sanctuary is home to migrating birds and a permanent population of everything from woodpeckers to raptors. (In winter, birders are taken by vans to secluded bays where eagles work the icy margins of the lakes.) History buffs can visit a living history farm or follow the Fort Henry Trail south on the route taken by the Union Army. At Fort Donelson outside the park, U.S. Grant received his first unconditional surrender, which many feel turned the corner for the Union.

Naturalists can compare management techniques by observing a large tract of virgin hardwoods set down

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Things to See and Do in LBL

PROGRAMS

In season there are about 100 formal programs ongoing each month. Some 80 college interns help the regular professional staff, most of whom have degrees in natural resources. A sampling: lectures about snakes; demonstrations of raptors in flight; night trips in park vans to observe animals in their habitat; wildflower walks in the morning. At Woodlands, see live animal displays with familiar white-tail and unusual fallow deer on the grounds.

LIVING HISTORY

The Homeplace-1850 is a living-history, 19th-century farm, complete with log outbuildings, equipment, and animals. Historic interpreters run the "family farm." The men do chores and field work, drive the oxen team, mend fence, cut wood, or work with the main cash crop, tobacco. Women spin wool or flax, churn butter, and cook. Often the big pots are fired up for wash day. At times there are blackpowder shoots, and on the Fourth of July, a celebration with fireworks and traditional games. Each year in early October, a couple is married off in an 1850s wedding.

BUFFALO

Near the Homeplace is the largest publicly owned buffalo herd east of the Mississippi. About 50 of these wooly tanks range on a patch of native prairie. (*They are not domesticated or given to interpretive speeches.*)

CONSERVATION FARMING

Empire Farm uses many conservation techniques to reduce chemical use and employ solar energy and organic gardening. Visitors can approach the baby lambs, kid goats, or calves at the livestock pens for viewing and petting. Practical demonstrations include how to make Golden Pond Moonshine.

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TO THE BADLANDS AND BEYOND

Gen. George Custer, South Dakota's original tour operator, found gold. It was just the beginning of a continuing rush to the state's many riches.

by C.J. Hadley

The Badlands of South Dakota are exquisite desolation and the cry of the coyote. The Black Hills are sacred to the Sioux. The massive sculpture at Mount Rushmore is a monument unequaled in the world, and Deadwood lives on as a Wild West town, born of gold and continuing on memories of yesterday's miners, gamblers, whores, and gunfighters.

The southwest corner of South Dakota, abutting Wyoming and Nebraska, holds such wonders and more: Custer State Park, home of one of the largest public buffalo herds in the nation; Wind Cave National Park; Jewel Cave National Monument; the Rushmore-Borglum Story museum in Keystone; and the Columbian mammoth site in Hot Springs, where the remains of 42 such creatures have been found.

Nearby is gigantic Wall Drug, a shopping emporium and the only pharmacy in 10,000 square miles, famed for self-promotion, free ice water, and the map needed to explore the premises. And there is also Korczak Ziolkowski's three-dimensional Crazy Horse mountain carving near Custer. Sioux chief Henry Standing Bear asked Ziolkowski to create the monument after watching Gutzon Borglum place four white presidents on Mount Rushmore's face in the heart of his beloved Black Hills.

Badlands National Park

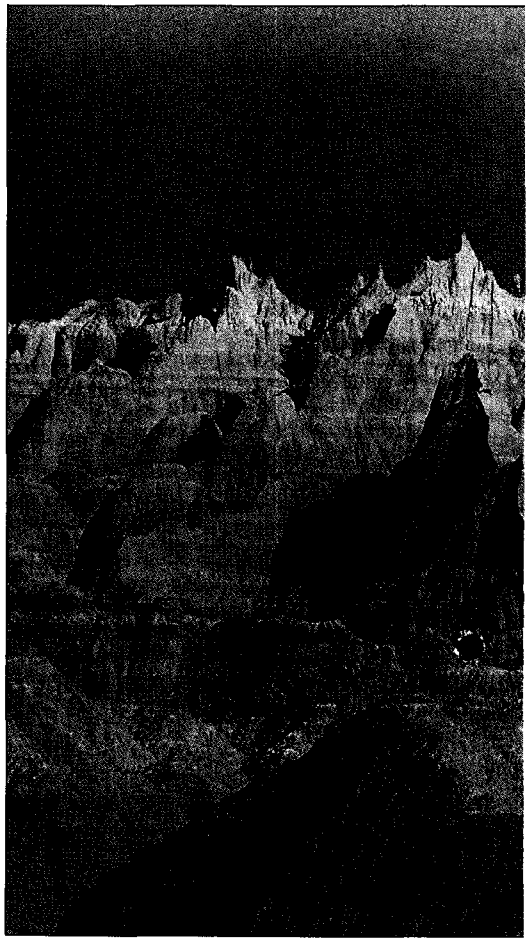
A peculiar mix of sandstone, limestone, hardened volcanic ash, mudstone, shale, and assorted minerals, in colors muted yet sometimes vivid, from gray to purple, pink, and orange, this mysterious national park's terrain awes, frightens, and inspires.

Seventy million years ago, it was a giant saltwater sea. Barely 30 million years later, it was part of an enormous lowland that stretched from Saskatchewan almost to Texas, and across the Dakotas. And as late as 10,000 years ago, Columbian mammoths wandered nearby. Fossilized bones have been found in the Badlands : the extinct three-toed horse, the camel, and the saber-toothed tiger.

The 250,000-acre Badlands National Park has been scoured by wind and water and changed by volcanic activity and shifting climates. The site of Indian wars, home to prehistoric beasts, it is still full of cowboys and Indians, buffalo, antelope, prairie dogs, bighorns, rattlesnakes, mule deer, coyotes, meadowlarks, and golden eagles.

Weather here can be brutal, either mercilessly hot or painfully cold. The jagged cliffs, decades-old wildflowers, and savagely struck formations are tough partners for desert grass. But they are appreciated today by hikers, backpackers, horseback riders, photographers, and campers.

The Cedar Pass Visitors Center is nine miles south of Interstate 90 off exit 131. Tours with park rangers or naturalists can be arranged—or an evening program at the Visitor Center Amphitheater followed by the ranger-led Night Prowl or Sky Trek. Cedar Pass Lodge, operated by the Oglala Sioux Tribe, offers accommodations, dining, souvenirs, and Indian arts and crafts. In the Pine Ridge Reservation, the White River Visitor Center features cultural exhibits and a video on Oglala Sioux history. The park is



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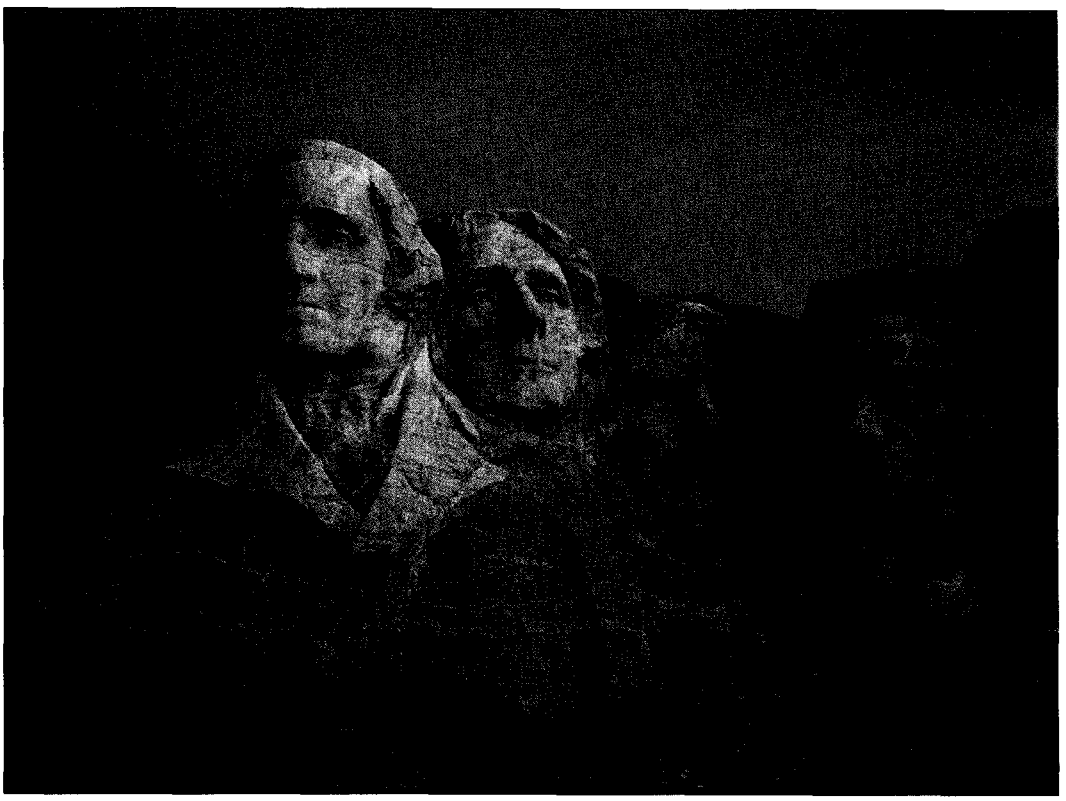
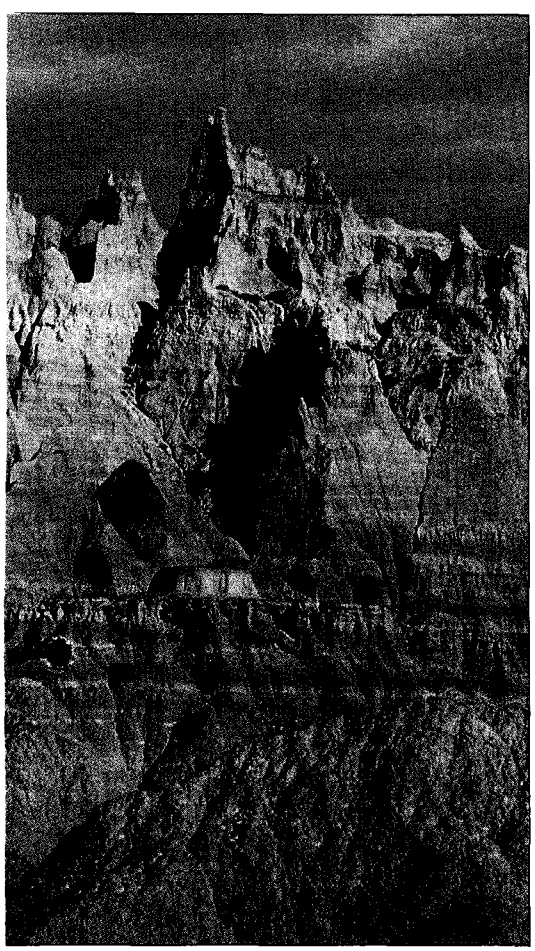
open year-round; White River Visitor Center is open only in summer. To play it safe, check in with a ranger at the Cedar Pass Visitor Center before exploring on your own.

Don't forget, when visiting the park: travel with care and respect for the fragile land, and carry water. Always remember, Badlands National Park is aptly named.

Mount Rushmore National Memorial

Just after World War I a far-sighted historian named Doane Robinson called on the famed Gutzon Borglum to create a heroic sculpture in the granite spires in the Black Hills. But the artist believed most of the needles were too brittle and not the right proportion to carve men. He also considered Robinson's idea of carving western legends too narrow.





(Right) The biggest thing in rock carving since the Sphinx, Gutzon Borglum's Mount Rushmore is unfinished. Long before Borglum, nature was creating great art in the desolate Badlands (below).

Borglum spent weeks in the hills and found the perfect peak, with perfect light for a major portion of the day. Mount Rushmore offered stable rock and the mass needed to carve four great presidents with heads to be 60 feet high.

The work took twice as long as anticipated. Costs far overran the original estimate, for a final total of $989,992.32. Borglum actually worked only 6 1/2 years all told between 1927 and 1941; he employed 360 different helpers. Most of the time was spent searching for funds and waiting for a break in the weather. Borglum died March 6, 1941, and his son, Lincoln, completed the work.

Two million people a year visit Mount Rushmore; 1.2 million flock during June, July, and August. The National Park Service provides a 12-minute movie and walking tours of this historic area, the memorial, and the studio. Borglum's original model is in his studio nearby, its large windows looking up at the mountain. It isn't as detailed as the work on the mountain, because the sculptor didn't want his final artistic expression on the model but on the mountain itself.

Today, sixty-three years after the beginning of the Mount Rushmore project, the monument is eroding and cracked. Each year the cracks are filled with a compound invented by Borglum, but each rain visibly streaks the faces of the presidents. Visitor facilities are overcrowded during the peak season. The Mount Rushmore National Memorial Society has capped years of restoration efforts with a major fund-raising campaign led by Al Neuharth, *USA Today*'s founder. The goal is at least $40 million.

Mount Rushmore has never been formally dedicated. But a ceremony is planned for summer 1991, the 50th anniversary of the monument's completion. To coincide with the festivities and to raise funds, the U.S. Mint plans to strike a $5 gold piece, a silver dollar, and a 50¢ copper coin, all bearing Mount Rushmore's image.

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CUSTER'S NEXT STAND

Stampeding buffalo climbed over a ridge of rocks, away from the pens. Flailing cowhands headed their mounts into the woods after the bison; pickups scurried around like a family of ants on a hump of dirt. Herds of antelope and small groups of wild burros mixed with the buffalo for a while. One buffalo bunch headed into a draw, then took off across a flat at high speed.

The wind howled, the snow blew; the grass was slippery and everybody was soaked to the skin, including the horseback-riding governor of South Dakota. It was the annual Custer State Park Buffalo Roundup, a chance for several hundred hardy onlookers and even hardier cowhands to experience the Old West face-to-face.

There are about 90,000 buffalo in the country, many fewer than the millions that roamed the plains in the early 1800s. But 90,000 is triple the 1970 figure, mostly due to private businesses that raise buffalo for meat—tasty and fatless—and for hides.

Custer State Park is home to one of the largest buffalo herds in the country. Its 73,000 acres of pine trees and native grass can support the herd year-round—if the herd is rounded up and culled each fall, all calves are branded, heifers vaccinated, and the excess animals auctioned off in November.

At last fall's roundup, snow ripped at the horsemen, coming at them horizontally in the biting chill. The wind had already torn the door from the outhouse at the meeting point, where dozens of drivers in park vehicles awaited word for the start. Visibility was a few hundred yards.

A man who introduced himself as the chief herdsman explained the ground rules: trucks would do most of the pushing; horsemen would take care of small renegade bands, the cliffs, and tough terrain. Together they would move the herd to the branding and sorting corrals. (The use of helicopters wasn't safe in the wind and snow.)

Spectators at a buffalo roundup must stay in their vehicles. Wild buffalo can run 35 miles an hour, take a hundred-foot run, and clear a six-foot gate. "Buffalo are the most powerful animals you ever saw in your life," one cowhand said. "They make a solid steel gate just rattle." One group of bison thundered down a canyon, crossed directly in front of a knot of tourists on a park road, and continued up a hill in the opposite direction from the corrals.

The roundup boss, Ron Walker, barked over the radio: "Bring them back and let's reorganize." Another hand yelled: "Need horseman up here to fill up the hole." And from yet another: "There's buffalo headed your way. . . ."

The organization got a little bent. "I'm at the Hay Flats and can't see anything," one driver said. "Do you want me to stay on top or come down or what?"

"Work the north fence," came Ron's reply. "Tom's going to be on top."

Hellbent to nowhere, buffalo thunder back onto the American scene. Their numbers have tripled since 1970 because of increased commercial value.

A real buffalo hand understands: The secret is letting them catch you.

Another voice crackled on the radio. "They are laying up next to the Wind Cave fence. Do you want us to push them down?"

"Yeah," Ron said, "as long as we don't disrupt the flow of putting the big bunch in. We don't want to get 16 and lose 600."

Hours later, the buffalo were still spread for miles in the mist, followed by swarming pickup trucks. Some buffalo were found in a gully full of rushes; others turned up on a ridge just above the scene unfolding in front of the corral fences. One bunch pounded over the red cliffs and headed for the main herd close to the tree line. Several hundred veered off for a water truck. One bull had three trucks occupied. "Just leave him if he wants to stay," Ron insisted. "Don't fool with him."

A few minutes later, Ron high-centered his truck on a ditch while trying to turn some stampeding buffalo heading for a gate that should have been closed. Horsemen came to assist, but Ron yelled at them to get back in place and climbed back into the truck. His pickup was quickly pulled out by a vehicle with a winch. Before long, about 1,300 buffalo, mostly cow-calf pairs, were in the corrals.

"They finally went in like they were supposed to," a relieved hand said. Asked why horsemen can't do the work alone, he replied, "Buffalo often chase horses, and horsemen wear out quicker than pickups."

It may have been put best earlier in the day when one innocent driver asked which way to push the herd. Ron hadn't hesitated with his response: "Whichever way they want to go."

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Wild Bill Hickok worked the gaming tables to stake his claim in the great Black Hills gold rush. His only permanent reward, besides a bullet in the back of the head, was this resting place close to Calamity Jane's in Mt. Moriah cemetery—her idea, not his.

About 5.5 million coins will be struck.

Surely the majesty of Mount Rushmore is worth the effort. "If the presidents had been full figure, they would be 465 feet tall and would have to bend down to read by the torch of the Statue of Liberty," said Tom Griffith, executive secretary of the Mount Rushmore Society. "The Sphinx would fit into any one of those heads. This is the most colossal work of art in the world."

Deadwood

In autumn 1875, gold was discovered in a creek in the Black Hills of South Dakota. No claim was filed until early November, at which point a skinny, three-mile stretch became known as the richest placer mining area in the entire United States. It was the birth of the boomtown of Deadwood.

"Imagine what this town must have been like with dirt streets, several thousand people, no sewer system, no water system," says Lew Keehn, the owner of Saloon #10 in Deadwood. 'They just threw stuff out in the street and in the creek."

The first wagons that came into town had to be lowered into the gulch using block and tackle until the settlers found a better route and made a trail. The first stagecoach reached Deadwood in 1876, and by late that year, 25,000 fortune seekers, greenhorns, gamblers, dance hall girls, and gunslingers filled tent towns in Deadwood and the surrounding hills. Colorado Charlie Utter, Preacher Smith, Wild Bill Hickok, and Calamity Jane were among them.

Hickok's luck ran out that same year at age 39—he was killed by Jack McCall while playing poker in the original Saloon #10. Hickok and Calamity Jane are buried side-by-side (at her behest, not his) in Mt. Moriah Cemetery on the bluff high above the mining town.

The town's museums tell more of Deadwood's claims to fame. Deadwood also offers bus tours, the Franklin Hotel, a steam train, gambling, and a tour of an old-time underground gold mine. You can pan for gold in the creek and take home what you find. The Days of '76, the first full weekend in August, include a professional rodeo. In winter, skiing is available at Deer Mountain and Terry Peak, but there's also snowmobiling (at least 250 miles are marked) and cross-country skiing on numerous groomed trails in the vast Black Hills National Forest.

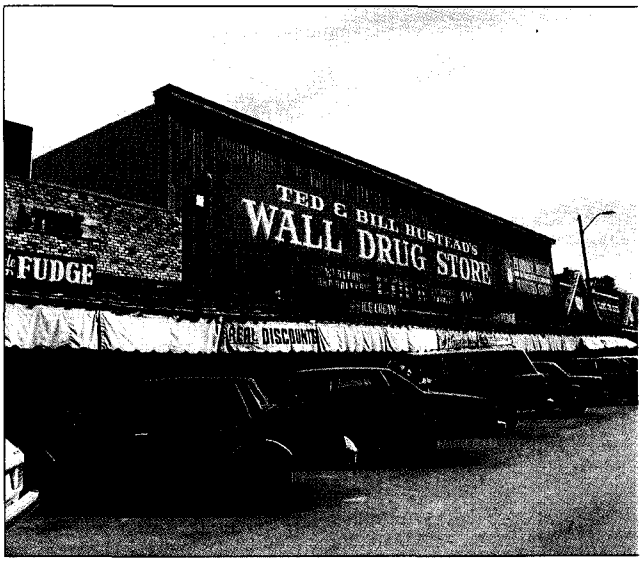
The townspeople, proud of their history, haven't changed much. Brothels were outlawed as late as 1980, but gambling (with a five-dollar limit) was legalized in 1989. In summer, the murder of Wild Bill Hickok and the trial of Jack McCall are reenacted nightly on Main Street. If the local citizens don't like what you're up to, they will use the law to run you out of town one way or another. Much like it was in the old days.

Crazy Horse Mountain Carving

While Gutzon Borglum was working at Mount Rushmore, Henry Standing Bear, chief of the Sioux, asked another sculptor to do something he couldn't refuse: "Carve us a mountain so the white man will know the red man had great heroes too."

Korczak Ziolkowski (pronounced Kor-chuk Jewel-kuff-ski) had watched Gutzon Borglum work at Mount Rushmore. He idolized the man, even though he too was a famous artist. Ziolkowski had won first place at the 1939 New York World's Fair for a head of the pianist Ignace Paderewski. His work was in galleries and collections all over the United States.

Standing Bear and Ziolkowski traveled throughout the Black Hills before World War II, and again after the sculptor's discharge from the army at war's end. Ziolkowski wanted to go to the Bighorns because he didn't want to be too close to Mount Rushmore. Standing Bear wanted the



South Dakota's outlandish Wall Drug dashes cold water upon M.B.A. candidates' book-learned ideas. Its free icewater is only the start.

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carving in the Black Hills, home to the Sioux. They found the rock in the northern hills too soft. They needed good granite, something remote, nobody's pet mountain. The place selected was close to nothing.

Ziolkowski designed a monument to the great Sioux leader, Crazy Horse. He believed that the Indian story was an epic one, and that the monument should be as powerful as the red man's story. It was to be a three-dimensional figure, a man on a horse, with the actual carving to measure 641 feet long, 563 feet high. His wife, Ruth, says he had $174 left after spending the bulk of his $6,000 life savings to buy Thunderhead Mountain.

The mountain memorial to Crazy Horse was never meant to be simply a tourist attraction. "Ziolkowski wanted a university for Indians, plus a museum and a medical training center," Ruth says. "He wanted it to be the biggest. It had to be the best."

Ziolkowski moved from Connecticut to the Black Hills in 1947 and started to work. There was nothing on the site but rocks and pines. He cut down trees, peeled logs, and built a cabin by hand. There was no electricity for two years, no running water for four; he made 11 trips between Connecticut and South Dakota in an old Chevy truck to bring out his antiques and furnishings. Connecticut-born Ruth came with him on one of those trips.

photos by C. J. Hadley

Other states have to plan and market their tourist attractions; lucky South Dakota stumbles over them in her backyard. A construction bulldozer in Hot Springs, South Dakota, unearthed the first of hundreds of Columbian mammoth skeletons in 1974. The Black Hills site is open to qualified amateurs; the digging is *in situ*, meaning the bones are not removed.

For decades, the sculptor shaped the mountain using dynamite, bulldozers, picks, and shovels. The work was demanding and dangerous. In South Dakota, in winter, mother nature bites hard and work has to stop; that season is long on the highest peak between the Rocky Mountains and the Swiss Alps. The Crazy Horse monument is only 500 feet lower than, and three miles from, 7,242-foot Harney Peak.

Financing of the Crazy Horse Mountain Carving is strictly by visitation fees and contributions—federal funding is refused. Even though the rough shape can be recognized from the model at the Visitor Center, no one will guess how long it will take to complete the work. Ruth Ziolkowski will eventually donate the land to the nonprofit Crazy Horse Memorial Foundation. "The foundation gives some perpetuity to the project," Ruth says, "because no man or one woman or one family is going to live long enough to take care of all of it."

The log cabin/Ziolkowski house, open to the public, contains some of Korczak's sculptures and models, a 15,000-volume library, a stagecoach that ran the Cheyenne to Deadwood trail through Crazy Horse territory (built during Lincoln's time), plus historical clippings, Mount Rushmore items including a bronze of Gutzon Borglum, antiques, and other memorabilia.

At the Visitor Center, a scale model shows what the carving will look like, and a fine Indian museum displays plenty of artifacts, including drums, spears, and ceremonial robes. There are rugs, baskets, pots, and buckskin clothing trimmed with porcupine quills, beads, and bones. And the center houses a restaurant and two theaters that show the story of Crazy Horse. The cost is $4 a person (locals, native Americans, Boy and Girl scouts, servicemen in uniform, and preschoolers free). But they also charge by the car. "I don't care how many people are crammed in a car," Ruth says. "We don't charge more than ten dollars per carload, and that makes it reasonable. The more the better."

Ziolkowski died in 1982, but of five daughters and five sons, eight are working on the project. Standing Bear died in 1953, but Ruth Ziolkowski insists the native Americans from all around the country care a great deal about the project. Most items in the museum have been donated by the tribes. "We are about 90 miles from Pine Ridge," she says, "which is the second largest reservation in the country. And there are nine reservations in the state of South Dakota." The foundation and the family are using Korczak's plans to continue the work. Rock is constantly being measured and moved from the mountain.

"This project could take a very long time," Ruth says with a laugh. "We are still unpacking from Connecticut."

For more information about the Black Hills, the Badlands, the Buffalo roundup, or South Dakota in general, call 1-800-843-1930 (1-800-952-2217 in South Dakota), or write South Dakota Tourism, Capitol Lake Plaza, Pierre, SD 57501.

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LBL

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beside a managed clear-cut woodlot, or another parcel of southern pines periodically burned to prevent hardwoods from taking it over. Less obvious are the 50 ongoing environmental research projects or the periodic review of every foot of LBL. As a result, LBL is being designated a Biosphere Reserve by UNESCO as of November 1990.

To explore LBL, visitors can start on the main 60-mile North-South Trail. It roughly follows the ridge of LBL, peeling off with paved or gravel roads leading to hollows that were once farmsteads, or to one of the 20 inland ponds and lakes, or to creeks that flow down to broadening bays. Midway along the Trace, which is the park's main road, is Golden Pond Visitors Center and its theater, planetarium, and observatory. Many visitors walk the entire North-South Trail and sleep in the five Quonset shelter areas along the route, which free them from lugging a tent. There are no restaurants in LBL, though snacks are available and there are many picnic areas.

Rather than walking 60 miles, a person might prefer stopping at Woodlands Nature Center and taking the 2½-mile walk around Hematite Lake, with its photo blinds where you can observe waterfowl and game. It's not necessary to leave the car on the 2-mile Kentucky Lake Scenic Drive, which gives a panorama of LBL's origins and the valleys beyond.

Park experts stress that LBL is not just another park to be "done" in an hour or so. Those who must limit their time should concentrate on a few major attractions; a day and a half with a night of camping is ideal. The amenities not found within park boundaries are often only minutes away. As one park regular said of the LBL area's options: "You can go from back wilderness to 18-hole golf courses and buffet dining in ten minutes."

Things to See and Do in LBL

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WHERE TO STAY

Most of the five campgrounds around LBL have showers, electric hookups, picnic areas, and boat ramps. The family campgrounds offer playground equipment, a multi-purpose court, and evening entertainment. For two seasons, LBL has also allowed open camping where land is not posted, which includes long stretches of shorelines.

At the cottages at Youth Station Group Camp, about a quarter million kids, grades K-12, have participated in environmental-education programs up to a week long. The camp is surrounded by a 5,000-acre environmental-education area open to everyone and a working demonstration farm.

WHEN TO VISIT

Many staffers feel the fall is best for visiting LBL, because the weather is moderate and the colors spectacular. Count on variable weather in spring. Fishermen looking for crappies come in March and April, bass fishermen a little later. October and November are popular with deer hunters and bowmen. Protective buffer zones around the visitor areas plus ample warning signs protect nonhunters. Ticks are common from mid-March to mid-October.

HOW TO GET THERE

LBL is 50 miles north of I-40's route in northern Tennessee. It is centrally located for western Kentucky and Tennessee, only two hours from Nashville, three from Memphis, and four from St. Louis.

Vets on Pets

continued from page 20

the host. Ticks recently made the news because they can transmit a variety of serious, debilitating diseases to man and beast alike. They have been known to survive for more than two years in the absence of a host. Tick bites can abscess and cause large infected areas. Unfortunately, control often comes down to literally picking the ticks off your pet daily. There are a couple of products on the market that do have some repellent action. Products containing DEET should never be used on a pet or sprayed directly on bare skin. These are meant to be used on clothing only. Keeping grass and weeds mowed short and keeping animals out of wooded areas can prevent heavy infestations.

Tick-borne diseases range from an ascending tick paralysis to such febrile diseases as Rocky Mountain spotted fever and Lyme disease. In all cases, prevention is the best course.

Steps that can be taken are:

1. Remove ticks promptly. Transmission of tick-borne diseases requires that the tick be attached for 24 hours or longer. Daily removal greatly reduces any chance of transmission.

2. Ask your veterinarian and physician to recommend tick repellents and killers that are effective and safe.

3. Do not remove ticks with your bare hands. Use tweezers or a tissue. Dispose of ticks properly. Squashing, burning, or simply throwing them into the yard only compounds your problem by releasing more ticks and toxins into the area. Keep a "tick jar" handy. Use any container with a screw-on cap. Fill it half full with alcohol or tick dip, and drop ticks into the jar. When the jar is full, you can discard it.

Controlling Fleas and Ticks Safely

1. Always read the label carefully before using any product. Never use anything on cats not specifically labeled as safe for cats. Store these chemicals in a locked cabinet. Dispose of empty containers properly.

2. Choose products compatible with each other. If your pet is on any medication, check with your veterinarian before using any flea-control products. Do not use any wormers or other flea-control products simultaneously without first checking with your vet.

3. Avoid flea collars that contain 2-chloro-1 vinyl-dimethylphosphate (DDVP). This chemical is a known carcinogen in animals and people and can easily poison your pet. These are still on the market and are usually the cheaper-priced collars.

4. Apply any insecticide in well-ventilated areas. Wear gloves and other protective clothing when dipping or spraying your pet.

5. Watch the pet carefully for signs of a toxic reaction after treating the pet or the premises. If you see vomiting or diarrhea, drooling, weakness, tremors, or convulsions, wash the pet with soap and water and rush immediately to your vet.

6. Never use any flea products on or around puppies or kittens less than three months of age, pregnant or nursing mothers, or debilitated or old animals without your vet's approval.

7. Begin treatment early in the "flea season." In some areas a yearlong effort may be necessary.

8. Switch products as fleas become resistant. Repeat treatments as needed. Use a product with an insect growth regulator.

By knowing the enemy and launching a sustained, educated attack, you can win the flea-and-tick war.

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ELECTRONIC REPRODUCTION PROHIBITED

REMARKABLE NEW BANDAGE GIVES BLESSED RELIEF FROM PAIN IN HOURS AND DAYS!

AMAZING NEW MEDICALLY APPROVED BANDAGE ELIMINATES PAIN AND RESTORES MOVEMENT THROUGH ELECTROSTATIC ACTION! RELIEVES AND ELIMINATES PAIN FROM ARTHRITIS ... RHEUMATISM ... BACKACHE ... SPORTS INJURIES ... SPINAL AND TENDON DISCOMFORT — AND MANY OTHER CAUSES! READ THE THRILLING DETAILS AND END YOUR PAIN WITHIN DAYS.

Now at last one of the most fascinating medical stories of the 20th century can be told - for the benefit of those who suffer needlessly from pain and physical discomfort. In the 1960s medical scientists discovered that the application of an electrical "field" to painful areas of the body actually resulted in decrease or elimination of pain.

Using this information, Dr. W. Seuss of West Germany designed a series of bandages contoured to various body parts in which the synthetic foam interior was exposed to polarized electricity. The inventor patented the process under the name of MEDIPOLAN Bandages.

The bandages were then tested clinically under controlled scientific conditions by physicians who reported an absolutely amazing success rate. MEDIPOLAN Bandages are now available for the first time in the U.S.

SPACE-AGE FABRIC

MEDIPOLAN Bandage is a lightweight, contour-shaped synthetic cloth material containing a thin foam center with a built-in, permanent electrostatic field activated by contact with the skin. There are NO batteries or wires, and the bandage is COMPLETELY safe - with NO side effects as in the case of many medications.

Test results show that easing of pain is obtained within an average of 12 hours after application of the bandage. Physicians report that "the bandages are pleasant to wear, fit well, and are much more hygienic than other remedies since they are washable." Bandages are adjustable to fit any size. Average weight of bandages is less than 3 ounces.

How MEDIPOLAN Is Used -

MEDIPOLAN Bandages are permanently shaped to fit that part of the body where pain is felt. You apply the correct bandage, which remains in place without slipping or irritation. The electrical "field" goes to work at once, reducing the sensitivity of nerve endings and thus decreasing and eliminating pain.

This miracle is accomplished NOT by heat but by the amazing effect of an electrical "field" on the human body. Inflammation disappears, pain is eliminated and the affected area is useful again. And all this results within days or even hours!

Continue Your Routine

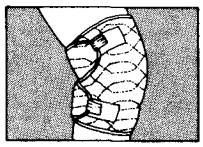
Wear the bandage while at work, play, leisure or sleeping. The electrical "field" remains constant and cannot be destroyed by washing. When pain disappears, discontinue the bandage. Use it again for some future problem - it will still work!

You carry your own medical equipment treatment with you wherever you are - right on the area that is paining you. Bandage is form-fitting and is virtually unnoticeable under clothing.

Now you can replace expensive medicinal and physical treatments with a simple, tested bandage that can be worn comfortably for hours, so that you can reduce your medicinal dosage and its side effects. Excellent for thermal comfort too!

Many Applications

MEDIPOLAN banishes pain in UPPER ANKLES...KNEE and ELBOW JOINTS... LIGAMENT DISORDERS...TENDON and MUSCLE...RHEUMATIC DISEASES... ARTHRITIS...SPORTS INJURIES...SPINAL and BACK PAIN...SPRAINS...POOR POSTURE.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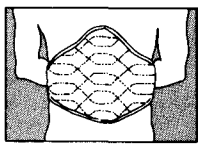
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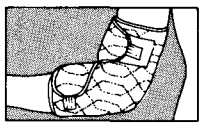
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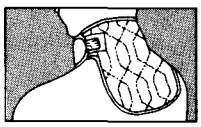
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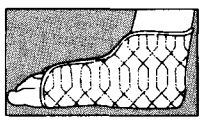
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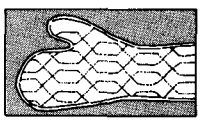
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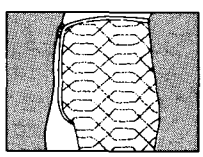
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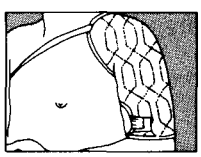
SHOULDER

MEDIPOLAN decreases pain...relaxes hardened muscle system...reduces inflammation...increases blood circulation... reduces spasms...decreases need for medication...permits mobility and activity.

Your health insurance provider may reimburse you for this health appliance.

MAIL COUPON TODAY OR USE OUR TOLL-FREE NUMBER

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NECK		$36.88	$
SHOULDER		$50.79	$
ELBOW		$46.39	$
HIP		$67.55	$
DOUBLE SHOULDER		$69.75	$
	SHIPPING & HANDLING:		$ 3.50
	FLA. Residents: Add 6% Sales Tax:		$
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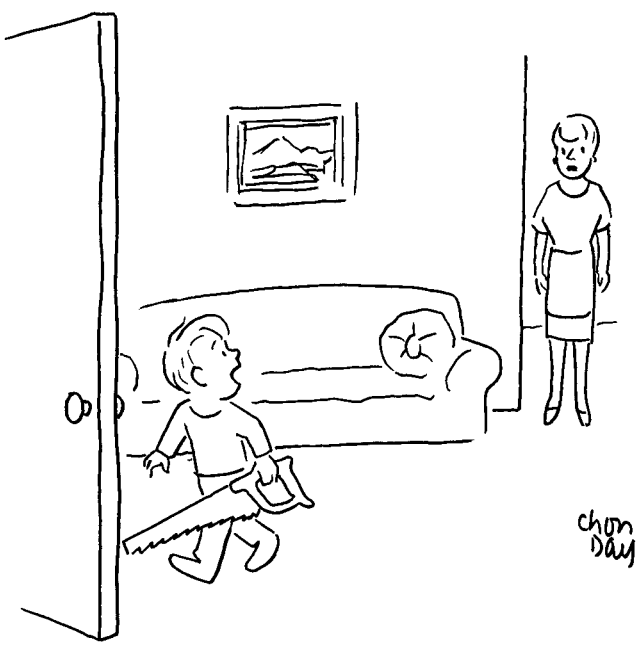
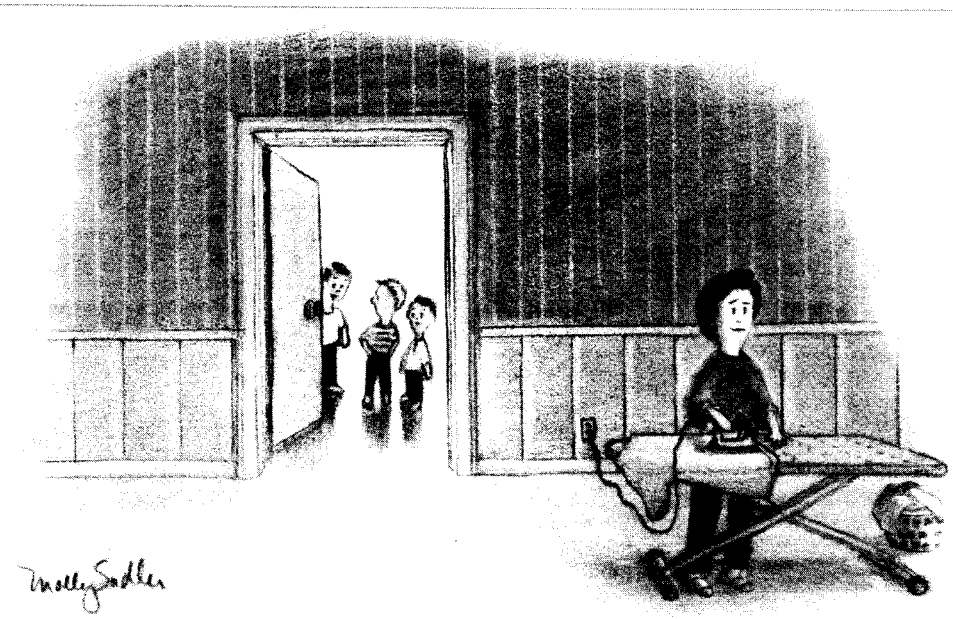
SNAKES, SNAILS, AND PUPPYDOG TAILS



"I'm going out in the yard to play."

"It turned out to be a real fun birthday party!"

"That was 'Apollo et Hyacinthus' by Mozart, written when he was 11."



"And this is where my mom pumps iron."

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Stuffed Vegetables

continued from page 30

over rolls and cover with inverted plate. Add enough water to barely cover plate.

Bring to boil. Cover saucepan and cook over medium heat 1 hour or until rice is done. Serve hot or cold as main course or for snacks.

Stuffed Peppers
(Makes 6 servings)

A mixture of red and green peppers makes a colorful dish.

6 large sweet peppers
2 cups cooked chickpeas
1/2 cup rice
2 medium tomatoes, finely chopped
1 medium onion, finely chopped
4 teaspoons powdered coriander
2 tablespoons olive oil
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon allspice
2 cups tomato juice mixed with 1 teaspoon garlic powder

Cut out stem ends of peppers and reserve. Remove seeds and fibers from peppers and set aside.

Combine remaining ingredients except tomato juice to make stuffing. Fill peppers and close with stem ends. Arrange in saucepan with opening to top. Add tomato juice and enough water to near top of peppers.

Bring to boil. Cover saucepan and cook over medium heat 50 minutes or until peppers are done. Serve hot with sauce.

Wake Up

continued from page 57

pill servers. One nurse woke me one night—no kidding—just to ask how I was feeling.

In an effort to outsmart the night owl Nightingales, I tried sleeping during the day. Tried is the definitive word. The parade of doctors, nurses, nurses' aides, candy stripers, flower arrangers, gelatin stewards, custodians, IV replacers, and TV adjusters through my room made a beehive by comparison look about as active as a muskrat house in the Sahara.

How I was allowed to sleep long enough to dream on my last night there is a mystery. But I'm sure heads will roll because of it. Have you got another minute?

In this dream a prospective patient would save money by not routinely accepting admittance to the first hospital where the ambulance people delivered him. If his wits were still intact, he would ask for their price on whatever he had that needed fixing, then have the ambulance driver take him to other hospitals in the area for comparison shopping. So in this dream, I was occupying a bed in the hospital of the lowest bidder.

To keep the prices low, the hospital was on a cost-cutting kick. To save heating costs as well as nurses' time, two patients with the same problem were in the same bed. I was in bed with a fellow ulcer sufferer so both of us could eat from the same gelatin bowl. In the next bed were two men with their legs in traction, one right leg, one left, both hoisted on the same trapeze.

Convalescents got their therapy by helping out around the hospital and cut their hospital bill at the same time. Female patients were cleaning bathrooms, making beds, stirring gelatin, carrying trays, doing the laundry. Their male counterparts flexed their muscles polishing floors, emptying trash, washing windows. I dreamed I had been assigned the windows on the sixth floor, outside, and I was standing on a scaffold and trying to see through my hospital gown, which the wind was whipping over my head.

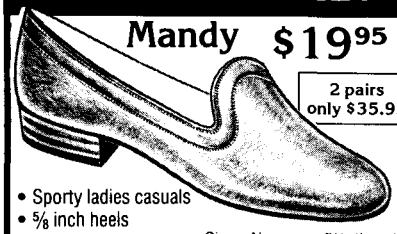
On one of the windows I saw posted the hospital's business hours: "Open Monday through Friday 8 a.m. to 7 p.m.; Saturday 9 a.m. to 12 noon; closed Sunday. In case of emergency, especially ulcers, try not to bleed until you can get in line on Monday morning."

When the nurse awakened me for my 2 a.m. pill, I might have kissed her except that she had already stuck a thermometer in my mouth.

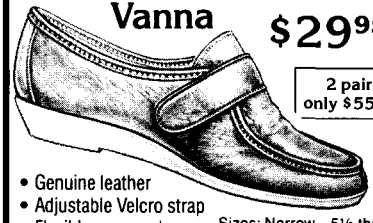
On my dear wife's daily visit, I reversed tradition and gave *her* a bouquet, one I had spotted in a deserted room on my therapy walk that morning. Dear wife, of course, was overcome with this display of affection, especially when I explained it was my way of apologizing for her nursing nonchalance at home. She was even more overcome when she happened to find a card tucked away in the foliage, a little card that read: "Get well soon, Boss. I miss you." It

continued on page 96

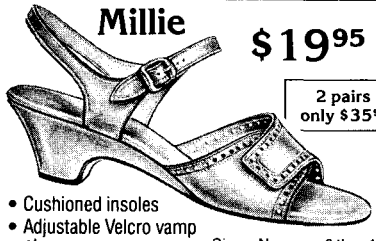
PERFECT SHOES FOR TROUBLED FEET



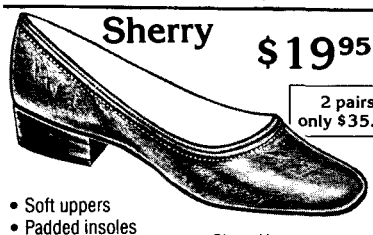
Mandy $19.95
2 pairs only $35.95
• Sporty ladies casuals
• 5/8 inch heels
• Padded insoles
Colors: Black, Taupe, Navy, White, Brown, Bone
Sizes: Narrow – 5½ thru 12
Medium – 4 thru 12
Wide – 5 thru 12
X Wide – 5 thru 12
(No ½ sizes over 10)



Vanna $29.95
2 pairs only $55.95
• Genuine leather
• Adjustable Velcro strap
• Flexible crepe soles
• 1 inch heels
Colors: Black, Taupe
Sizes: Narrow – 5½ thru 12
Medium – 4 thru 12
Wide – 5 thru 12
X Wide – 6 thru 12
(No ½ sizes over 10)



Millie $19.95
2 pairs only $35.95
• Cushioned insoles
• Adjustable Velcro vamp strap
• 2 inch heels
Colors: White, Tan, Black, Navy
Sizes: Narrow – 6 thru 12
Medium – 5 thru 12
Wide – 6 thru 12
(No ½ sizes over 10)



Sherry $19.95
2 pairs only $35.95
• Soft uppers
• Padded insoles
• 5/8 inch heels
Colors: Black, Taupe, Navy, White
Sizes: Narrow – 6 thru 12
Medium – 4 thru 12
Wide – 6 thru 12
X Wide – 6 thru 12
(No ½ sizes over 10)

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City _____ State _____ Zip _____

NAME OF SHOE	SIZE	WIDTH	COLOR	PRICE

Add postage & handling $2.95
Texas Res. add 7% sales tax TOTAL $ _____

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FOOD

CABBAGE: TURN OVER A NEW LEAF

No matter how you dice it, slice it, or shred it—cabbage is the undisputed noble head of the vegetable kingdom.

Rich in vitamins, minerals, and fiber, and low in calories, cabbage is indeed the gastronomical head of the vegetable kingdom. Horticultural historians say barbarians were eating the juicy, slightly bulbous leaves of wild cabbage in Asia long before the dawn of recorded history. And though the Egyptians, Romans, or Greeks may have known nothing about vitamins and minerals, they recognized in cabbage a source of health and well-being and attributed to it a host of curative powers.

Apart from its intrinsic healthful goodness, cabbage is also the most versatile and hardworking member of the vegetable world. There are more than 70 varieties of cabbages—yellow, white, green, purple, and red. In the same family we find Brussels sprouts, broccoli, cauliflower—described by Mark Twain as the cabbage with a college education—and many more. Add to the variety the hundreds of ways cabbage can be prepared, and the possibilities are deliciously endless. So experiment with these recipes. Some are familiar, some are quite unusual—but all bring out the best that is cabbage.

Stuffed Cabbage Rolls
(Makes 6 servings)

1 large head green cabbage
1 pound lean ground beef
¼ cup finely chopped onion
1 cup All-Bran cereal
2 egg whites
1 tablespoon chopped parsley
1½ teaspoons caraway seeds, if desired
¾ teaspoon salt, if desired
¼ teaspoon pepper
2 cans (8 oz. each, 1½ cups) no-salt tomato sauce

Discard wilted and damaged outer leaves of cabbage. Remove core and wash cabbage. Dip cabbage head in boiling water to loosen leaves. Carefully peel off 12 leaves. Steam leaves in small amount of water 3 minutes or until crisp-tender. Drain; cool. Cut out hard stem section.

In medium fry pan, brown pork and onion. Drain thoroughly. In medium bowl, combine All-Bran cereal, egg whites, parsley, 1 teaspoon caraway seeds, salt, pepper, ¾ cup tomato sauce, and pork mixture.

Place ¼ cup pork mixture at stem end of each leaf. Roll leaf around pork mixture. Place cabbage roll seam-side down in single layer in rectangular (5 quart) baking dish. Pour remaining sauce over rolls and sprinkle with remaining caraway seeds. Cover. Bake at 350° F. about 40 minutes or until hot. Serve hot.

Hungarian Stuffed Cabbage
(Makes 4 servings)

1 head cabbage (preferably Savoy)
3 tablespoons margarine
½ cup chopped onion
2 cups minced cooked lamb
3 tablespoons flour
1½ cups low-fat milk
½ cup grated sharp cheddar cheese
Salt substitute and pepper
Hungarian paprika

Trim off outer leaves and cut out center core, leaving cavity big enough for stuffing. Put in pan of boiling salted water and cook 10 minutes. Drain in colander; squeeze out excess water.

Heat 1 tablespoon margarine in small skillet and sauté onion until golden brown. Mix with minced lamb.

Heat remaining margarine in small saucepan and stir in flour. Cook over low heat 2 minutes. Add milk and stir until mixture boils. Add cheese and continue stirring until cheese melts. Season highly with salt substitute and pepper. Add ½ cup mixture to lamb. Place cabbage, cavity side up, in small deep casserole so that sides will support cabbage. Fill cavity with meat mixture. Cover with cheese sauce and sprinkle with paprika. Bake 30 minutes at 350° F.

Burmese Shrimp and Cabbage
(Makes 4 servings)

3 tablespoons vegetable oil
2 or 3 cloves garlic, minced
1½ pounds raw, shelled shrimp
1 cup liquid drained from canned tomatoes
3-4 cups shredded cabbage
1 onion, chopped
1 cup chopped canned low-salt tomatoes
2 tablespoons low-salt soy sauce
Cooked rice

Heat oil with garlic in skillet. Add shrimp and cook. Stir frequently, just until shrimp is pink. Remove from heat and set aside.

In large saucepan bring tomato liquid to boil. Add cabbage and onion, cover, and reduce heat to simmer. Cook just until vegetables are tender. Add tomatoes. Just before serving, stir in shrimp and soy sauce. Serve over hot cooked rice.

Budget Cabbage Skillet
(Makes 4 servings)

3 tablespoons margarine
½ pound extra-lean ground beef
½ cup chopped onion
4 cups shredded cabbage
3 tablespoons flour
1 teaspoon salt substitute
¼ teaspoon paprika
½ teaspoon celery seed
¾ cup low-fat milk

Melt margarine in large skillet. Add ground beef and onions. Cook, stirring frequently, until meat loses pink color and begins to brown.

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Stuffed Cabbage Rolls blends
the simple ingredients of cabbage
and onion with low-fat beef
and wholesome grains to deliver
a classic combination.

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Add cabbage and continue to cook over moderate heat; stir frequently, until cabbage is wilted and starting to brown.

Sprinkle flour and seasonings over cabbage. Stir until flour disappears. Add milk. Reduce heat; cover skillet. Simmer 25 minutes, or until cabbage is tender. Before serving, taste for seasoning and add more salt if needed.

Cabbage Shrimp Salad Bowl
(Makes 6-8 servings)

1 Savoy cabbage
½ pound low-fat cottage cheese
3 tablespoons chopped chives
1 tablespoon tarragon vinegar
3 tablespoons corn or safflower oil
Salt and pepper
1 pound cooked bay shrimp
Low-fat mayonnaise
Parsley
Cherry tomatoes
Black olives, if desired

Trim stem of cabbage evenly and discard any wilted leaves. Wash well and remove enough of outer leaves to line rectangular platter.

Cut cabbage in half crosswise. Cut out core and all center leaves to form bowls with rims about ¾" thick.

Put leaves you have removed in wooden bowl and chop them fine. Stir in cottage cheese and chives. Add vinegar and oil, and mix until well-blended. Season to taste with salt and pepper.

Chop half of bay shrimp. Add them and 1 cup of mayonnaise. Mix well and pile half of mixture in each cabbage bowl; smooth it into a dome with small moistened spatula.

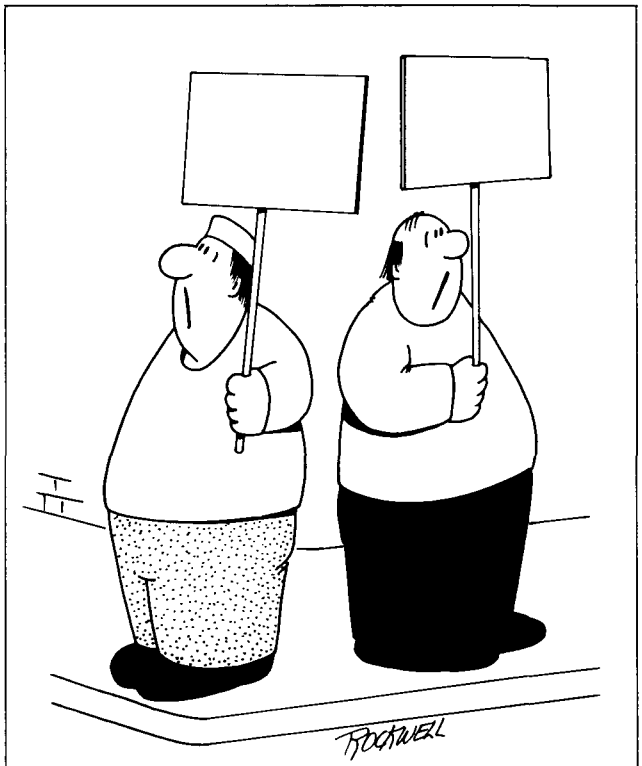
Place remaining shrimp over domes and decorate with parsley florets. Using pastry tube or spoon, run circle of mayonnaise around base of each dome. Garnish ring with cherry tomatoes and olives.

Place bowls on platters. Cut in wedges. Serve with extra mayonnaise for those who want more dressing on their portions.

Sweet Pepper Chinese Cabbage Slaw
(Makes 6-8 servings)

4 cups shredded Chinese cabbage
1 large sweet red pepper
2 tablespoons white wine vinegar
6 tablespoons corn, peanut, or safflower oil
½ teaspoon salt
½ teaspoon paprika
½ cup low-fat mayonnaise
2 tablespoons chopped chives

Cut 1½" from root end of Chinese cabbage. Wash leaves under running tap water. Re-form bunch and cut cabbage into very thin slices with large knife. Chop crosswise to shred cabbage quite fine. Soak in cold salted water 30 minutes.



"Sign painters on strike! Sign painters on strike! Sign painters. . . ."

Halve well-washed pepper and remove seeds and ribs. Slice very thin. Drain cabbage and dry thoroughly. Place in salad bowl with pepper.

Combine vinegar, oil, salt, and paprika, and toss with cabbage and pepper. Fold in mayonnaise. Taste seasoning. Cover and chill in refrigerator 2 hours or longer.

Serve garnished with chives.

Onion and Cabbage Slaw
(Makes 4-8 servings)

4 cups shredded white cabbage
1 cup white onion rings
½ cup chopped parsley
1 tablespoon caraway seeds
2 tablespoons cider vinegar
6 tablespoons corn or safflower oil
1 teaspoon salt
¼ teaspoon white pepper

Prepare cabbage according to directions for slaw above. Peel onions, slice thinly, and divide into rings. Soak in same water as cabbage.

Drain and dry vegetables and place in salad bowl. Sprinkle with parsley and caraway seeds, and toss lightly.

Combine vinegar, oil, salt, and pepper in small jar. Cover and shake well. Toss with vegetables. Cover and refrigerate 1-2 hours before serving.

Good Friday Cabbage Soup
(Makes 6-8 servings)

1 small Savoy cabbage
1 onion
2 cloves
2 carrots
1 parsnip
1 stalk celery
2 potatoes
1 teaspoon salt
¼ teaspoon freshly ground pepper
1 bay leaf
4 sprigs parsley
2 sprigs fresh thyme or *½ teaspoon powdered thyme*
4 tablespoons margarine
8 thin slices day-old French bread

Trim off outer leaves of cabbage and cut head into quarters. Wash well in large pan of water and drain. Boil cabbage 5 minutes in salted water. Drain and rinse in cold water; press out excess water with back of large spoon.

Put cabbage in enamel-lined pot with 3 quarts of water. Add onion stuck with 2 cloves; carrots, scrubbed and cut in large pieces; parsnip, scraped and halved; celery, diced; potatoes, peeled and quartered; salt; pepper; and herbs, tied together for easy retrieval. Cover and cook slowly 1½-2 hours.

Strain liquid into another pan and keep warm. Discard herbs; purée vegetables in blender or food processor, or force vegetables through food mill.

Combine puréed vegetables with broth. Reheat, taste for seasoning, and remove from stove before stirring in margarine.

Put bread in bottom of soup tureen and pour soup over it.

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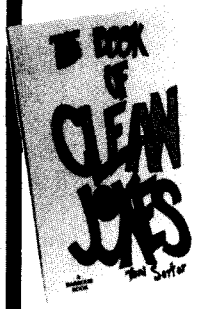

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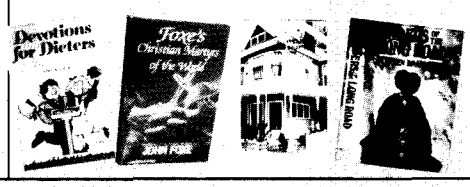

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Wake Up

continued from page 91

was signed, "Your best friend, Spot."

I'm not sure that a schoolteacher-wife's reaction would have been any kinder or gentler. She very carefully placed the flowers on my chest, then ever-so-gently folded my hands over the stems. It was only a little thing, but the gesture will no doubt influence the rest of my natural as well as unnatural life. Especially on those nights when I am awakened on the sofa and dragged off to bed.

Cal Turner

continued from page 38

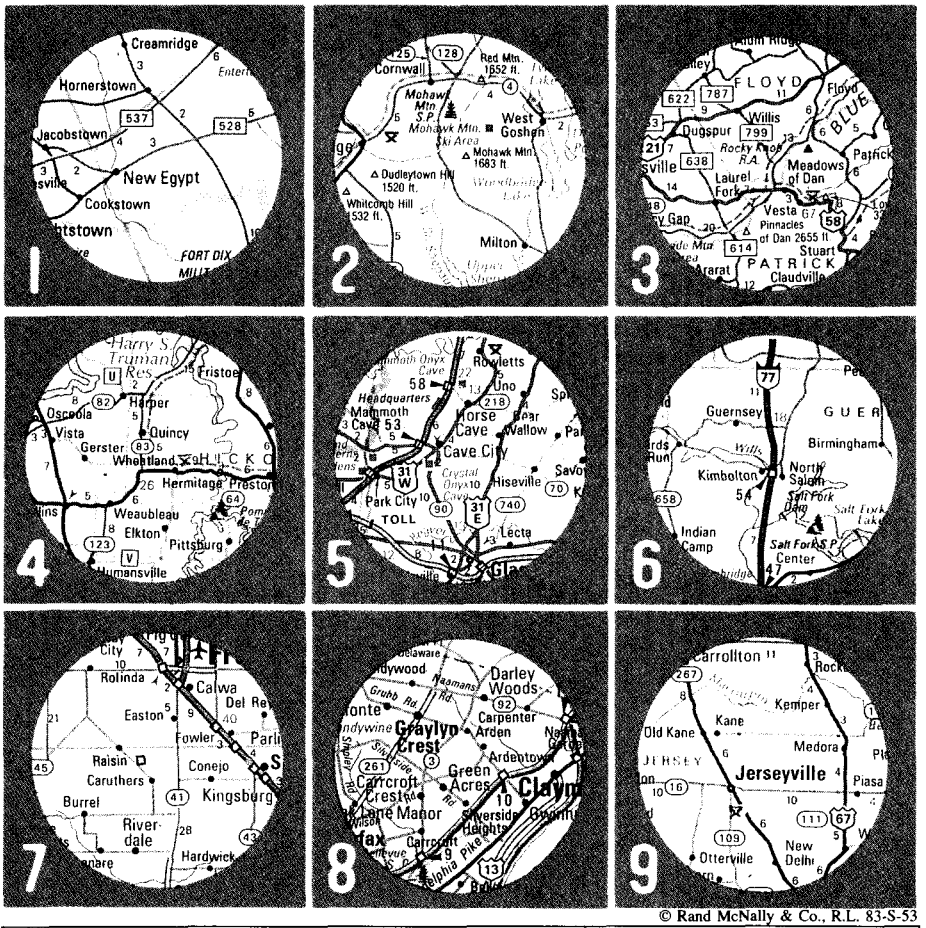
Dollar General made each of its hundreds of stores a place where anyone could go to find out where to learn to read, where to take GED (General Education Development) classes or the GED tests, or where to sign up to become a tutor. The company also produced a brochure that emphasized the importance of taking hold of one's future and recognizing that not having an education is no disgrace.

"Illiterate adults are reluctant to seek help because they're embarrassed and humiliated by their lack of education," says Doug Whitney, the director of the GED Testing Service of the American Council on Education. "They are intimidated by the prospect of researching educational opportunities open to them, and they're confused by which agencies provide what services. The most crucial factor is persuading interested adults to take that first step," he says.

The Dollar General brochure thus points to J. L. Turner as someone who beat the odds with only a third-grade education. It features a postage-paid reply card preaddressed to Dollar General's home office in Scottsville, Kentucky. The cards are distributed to the appropriate adult education office in each state. The state agencies follow up by calling or mailing the information requested. The entire process takes less than two weeks.

Dollar General estimates that 250,000 brochures are currently in circulation, and inquiries continue to come in at the rate of 100 a week. In addition, the company has donated more than $500,000 of its paid advertising schedule to encourage its customers to go to the nearest Dollar General store for help. More than 375 radio stations have given an additional $260,000 in air time to the project by playing the spots as public service announcements. About 15,500 people in 28 states have benefited directly from these combined efforts.

For involvement in this effort to take literacy to grass-roots America, *The Saturday Evening Post* is proud to present to Dollar General Stores this month's Ben Franklin Award. Its monetary value may not be tremendous, but the appreciation for outstanding efforts that accompany it is beyond calculation.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 111)

Planning

continued from page 27

What Welfare Costs

Still doubtful that a proposal like this would cost less than welfare?

Then look at a specific comparison. Take a 19-year-old girl in my own state of Vermont. If the payments not to have children existed, and she were accepting them, she would be getting $1,100 that year.

Now look at a real case: a 19-year-old mother with two children who lives in Chittenden County, Vermont, is getting welfare. Here is what she will get in 1990:

Grant for Needy Family with Children	$7,9[illegible]4
Food Stamps	1,440
Fuel Assistance	600
Vt. Property Tax or Renter's Rebate	834
	$10,818

Eighty percent of the aid to dependent children in Vermont goes to families consisting of a single mother with one or more children. Many of these single

continued on page 106

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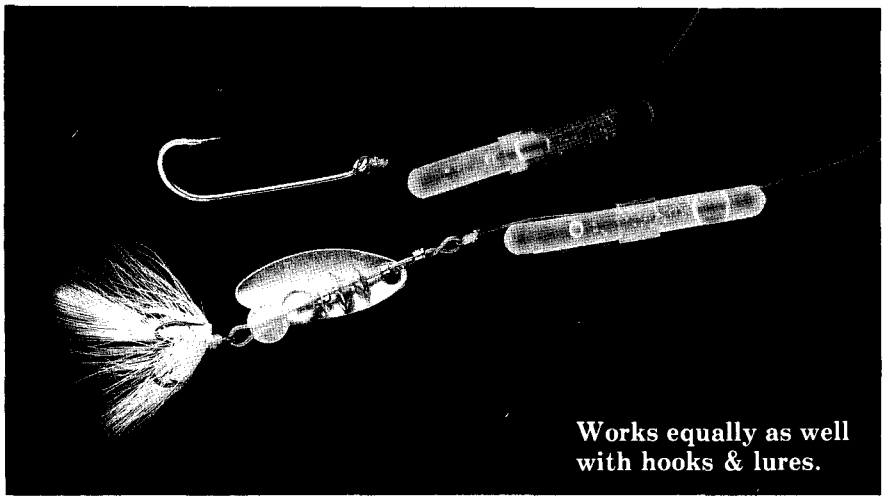
Fishing Breakthrough Catches Too Many Fish... Banned In Some States!!!

After years of research and development by a multi-billion dollar corporation, a fishing device has been developed that actually works TOO well. It's called the FISHTECH 2000 and is so effective, that it has actually been granted more than ten worldwide patents. Unlike other fish attractants that may only get the attention of a single fish, the incredible FISHTECH 2000 actually draws the ENTIRE SCHOOL of fish to your line!



UNBELIEVABLE EXPERIENCE

Here's how it works. FISHTECH 2000 is a slender 1½ inch stick that is attached to any fishing line, approximately 2 inches above your hook or lure. Using a highly sophisticated new technology known as "Chemiluminescence", this device shoots an unbelievably brilliant beam of green light piercing through even the murkiest water. Within seconds, the nearest school is surrounding your line fighting to get at your bait or lure. The results are absolutely amazing! Just look at these unbelievable real life experiences:

"One August day I was trolling for King salmon on Lake Huron. A friend of mine gave me a package of [Fishtech devices] to try out. I started trolling one hour before daylight. I trolled with 4 lines. On 2 of these lines I attached the (Fishtech devices]. We landed 8 Kings ranging from 9 to 19 lbs., all on the 2 lines with [Fishtech]. The other 2 lines only had 2 strikes, we missed both fish. Thanks your product, my son and I had a great fishing trip."

J.B. - Milford, MI

"I've been fishing for more than 35 years. The new [Fishtech 2000] are sure a shot in the arm for the old sport. They're a fisherman's dream. I used them for ice fishing. [Put one Fishtech device on my line.] 16 good eaters in less than one hour. Best was smelting. Tied some [Fishtech] devices to the nets. Dropped the nets into the dark waters... and whamo. Over 900 smelts and 2 salmon in ½ hour.

D.U. - Ciero, IL

Reports are coming in from across the nation of unheard of fishing experiences. What's more, the amazing FISHTECH 2000 is probably the only attractant that can be used on ALL species of fish. From deep sea fishing off the coast of Bermuda, to fresh water fishing for trout and bass, FISHTECH 2000 will catch more fish than you've ever dreamed about!

ENVIRONMENTALLY SAFE

FISHTECH'S incredible brightness is generated by a technologically advanced process in which two non-toxic ingredients interact within a confined hollow 1½ inch tube. This process is activated by flexing the tube and lasts for about 4 hours. It is completely non-toxic and safe to the environment.

FISHTECH 2000 is so effective that it has actually been barred for use in the pursuit of gamefish in some states (Minnesota and Wyoming) and parts of Canada. Some officials feel that the use of this device gives the leisure fisherman too much of an advantage. They are however used regularly for commercial fishing (99.9% of all Swordfish caught in this country are caught using a FISHTECH 2000 type device) and are absolutely LEGAL in most of the country.

BEST FISHING DAY

Try the amazing FISHTECH 2000 for yourself. If you don't have the best fishing day you've ever had in your life, we'll gladly refund your money. Also we'd like you to write to us about your fishing experience with FISHTECH 2000 for use in future ads. Thanks for your order and good fishing!

MAIL BEFORE SEPTEMBER 10TH!

YES, I want to try amazing Fishtech 2000. Please rush me the following set.

- ☐ Fishtech 2000 (set of 5) **$10**

Take advantage of these quantity discounts!

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MEDICAL MAILBOX
by Cory SerVaas M.D.

To be astonished at anything is the first movement of the mind towards discovery.—*Louis Pasteur*

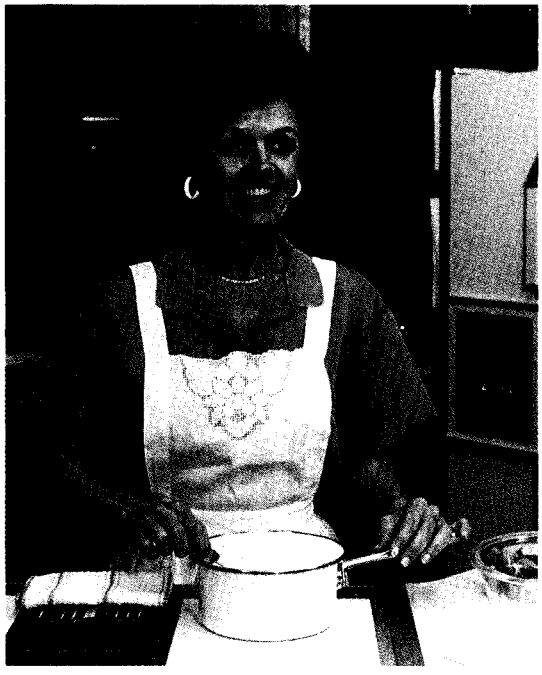
Breast Lump Alert

Dear Dr. SerVaas:

The letter about the dangers of scleroderma in the April 1990 issue prompted me to write this letter.

Because of the cost of breast prosthesis, I decided to make my own. I use polyester/cotton fabric, which I cut into two "half moon" shapes. I sew these two pieces together leaving a small opening. For a size 34B bra I pour three-fourths cup of small navy beans in this bag for weight to hold the bra in place when it's being worn. I hand-stitch the opening closed. Then I sew three pieces together for the top part of the bra cup and stuff with polyester-fiber filling. Another piece of fabric is used for making a "pocket" on the back of the bra cup.

When the bra needs laundering, simply remove the bag, launder, and replace the bags. When the "bean bags" need laundering, open the hand-stitched opening, remove the beans, launder the bags, and refill with the same beans.



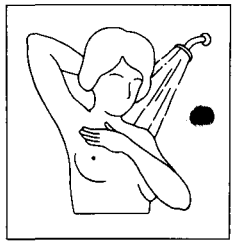
Janet Cox, who does TV kitchen tips on our "Saturday Evening Post Health Show," gives another tip and speaks from her own experience: "Do self breast examination monthly . . . not *all* lumps show up on mammography and ultrasound. After mastectomy be mammogrammed anyway."

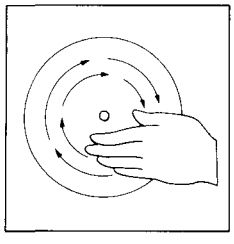
I had my first modified radical mastectomy in 1983. In 1987 I had a return of the breast cancer on the mastectomy side, something which doctors failed to tell me could happen and now in these recent years I find is fairly common. At the time it was discovered the cancer had spread to my spine.

In January of 1988 I was started on chemotherapy shots and continued them for 1½ years under the care of one oncologist. He had me have bone scans, CAT scans, stomach and liver scans, and chest X-rays to follow the progression of the cancer and possibly change the chemotherapy shots to slow the progression. You would think he would have had me have mammograms every six months or yearly because he was treating me for breast cancer. I asked him a couple times about having a mammogram, but he dismissed it like it was not necessary. I trusted him because he was an oncologist treating me with chemo drugs.

Last summer I chose another oncologist in the same office when the first one left. The chemo was changed to tamoxifen (Nolvadex) tablets, which I take two of daily. The only side effect is weight gain.

This spring I found a lump in the remaining breast. The mammogram did not show the one I could feel but did find another. Both were cancerous. So I have recently had a second modified radical mastectomy. The surgery went well and I returned home in two days.

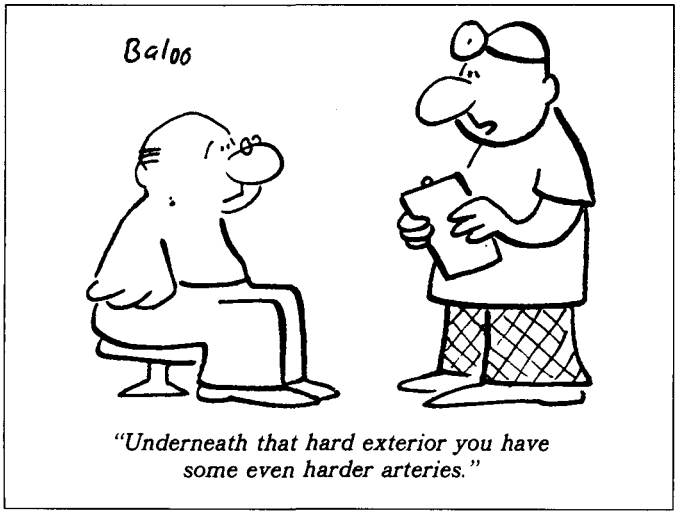




My concern now is whether the cancer in the second breast had a chance to spread to the liver, lungs, brain, or other bone structure. The cancer that returned on the mastectomy side in 1987 has progressively spread to several areas in my spine, hip joints, pelvic bones, and ribs.

This is to inform other women that cancer can return on the mastectomy side. And that if their doctor does not order a mammogram for them—find another doctor.

Delores A. Berger
Las Vegas, Nevada



"Underneath that hard exterior you have some even harder arteries."

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We're glad you wrote to us about your mammogram not showing the lump you could feel in your remaining breast. Janet Cox, who does the kitchen tips on our "Saturday Evening Post Health Show," wants to urge all women to do self-breast examination because she had the very same experience you relate. The *Post* has long crusaded for routine mammography and ultrasound, but you should never depend on these tests to replace self-breast examination. Janet Cox's radiologist told me that she could feel Janet's lump but hadn't found it by mammogram or by ultrasound. This outstanding breast specialist, Dr. Valerie Jackson at Indiana University Medical Center, was puzzled. Janet would like to hear from anyone who has had lumps that couldn't be detected by mammography or ultrasound, and she urges all women to inspect their breasts for lumps every month, in addition to regular doctor's appointments.

Janet's doctors tell her that she will still need mammograms where her breasts have been removed. A different kind of equipment is used, but it is still referred to as a mammogram.

L-lysine and Liver

Dear Dr. SerVaas:

I receive your magazine regularly and take special interest in articles that deal with cold sores. My 13-year-old son has several outbreaks of these each year. Sometimes they are very severe, and at other times they aren't as severe. I do give him L-lysine and it does help.

Now I am concerned about giving him the L-lysine because he has recently been diagnosed as having Gilbert's syndrome of the liver. The doctor said certain medications may cause a toxic effect to the liver, especially tetracycline. My first question is: Is L-lysine safe for my son to continue to take?

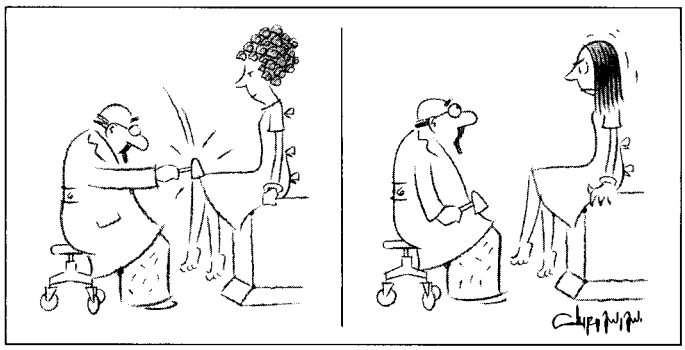
My second question: Do you have any information about Gilbert's syndrome? My son's only symptom is elevated bilirubin. All other blood work was negative, including the hepatitis test. He eats well and food does not upset him, and he has played on the school's basketball team this winter.

Linda Young
Pennington Gap, Virginia

We forwarded your letter to Dr. Richard Griffith for his response. It follows:

"The only abnormality associated with Gilbert's syndrome is an elevated bilirubin. This organic chemical is derived from the hemoglobin in red cells of the blood. It is excreted by the liver. In this syndrome the only liver test that is abnormal is the bilirubin. Why the level of bilirubin is abnormally elevated is not known: increased formation, slow excretion, accelerated reabsorption?

"Our food calories are found in protein, carbohydrate, and fats. These are

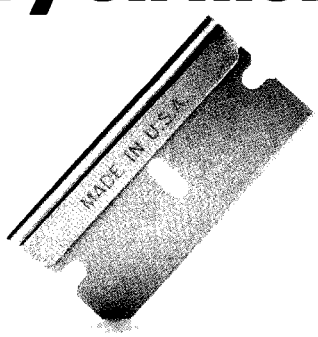


digested or broken down in the intestine with amino acids, hexoses (such as glucose), and fatty acids, respectively. The fatty acids can be further degraded into acetic acid, etc. The body metabolism can take any of these final products, when found in excess of the body's needs, and convert them to one of the others; for instance, the amino acids can be converted to carbohydrates, carbohydrates to fats, etc., or vice versa. When the liver, for instance, receives an excess of an amino acid, it can "deaminize" it. This is the removal of the NH_2 (ammonia in the presence of water NH_3OH). The liver uses the residue to make glucose or synthesize fatty acids. Excess fatty acids are stored in the fat cells.

"Hence the intake of any food in excess can be converted to fat.

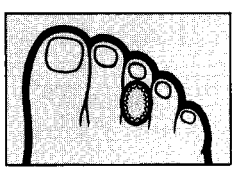
"What about the NH_2 formed? This can be used to synthesize another needed amino acid or excreted, usually by the kidneys. With diseased liver or kidneys, ammonia can

Every day, thousands of women perform surgery on their feet.



It's unnecessary. There's a much better, safer way to remove painful corns: Dr. Scholl's Corn Removers.

Within five treatments or less, the corn will be replaced with new, softer skin. And that's a money-back guarantee only Dr. Scholl's gives you. So get Dr. Scholl's Corn Removers. And get rid of those corns, safely and painlessly.



Dr. Scholl's.

Foot health is important. See your podiatrist for professional advice.

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accumulate in the blood as a toxic product. Ordinarily, more than 70 percent of the liver or kidneys must be diseased (loss in function) before ammonia accumulates (among other waste products).

"What does all this mean? There is no evidence that the liver is malfunctioning in Gilbert's syndrome as evidenced by the normal tests other than an elevated bilirubin, or your doctor would have curtailed protein intake in the food.

"I have not studied the amino acid L-lysine in Gilbert's syndrome. Since the maximum found in a normal food intake can be eight grams of L-lysine, an intake of two to three grams per day as a dietary supplement should not be excessive, particularly in a subject with normal kidney function. The amino acids that are not used to build protein or converted to glucose or fat are excreted by the kidney.

"Your doctor can advise you further, I'm sure."

Gallstones

Dear Dr. SerVaas:

Some time ago in "Medical Mailbox" you had some sound advice on gallstones. I get your magazine every month but I pass it around, hoping to help others with my magazine, so I don't have it now and the doctor said I have six gallstones. They don't hurt, but is there anything I can do to better it? I am 69 years old. I've had ten surgeries and sure don't want any more.

Ruth Cunningham
Belleview, Illinois

Your doctor may suggest that you go on a low-fat, high-complex-carbohydrate, and high-fiber diet, and he might suggest that because you have had no gallstone attacks, you won't need to do anything.

Some gallstones, as with most kidney stones, can now be removed nonsurgically by lithotripsy. Stones are crushed by soundwaves into small pieces that can be passed through the gastrointestinal tract. Early requirements for this procedure limited it to patients with no more than three stones. We have written extensively on gallstone lithotripsy and have names of hospitals performing this surgery-free procedure.

You could read about it in the *Post*'s October '88, May/June '89, and September '89 "Medical Mailbox."

"There's so little we know."

Dr. Schuller on *Post*'s TV Health Show

How does a world traveler like Dr. Robert Schuller keep a healthful diet while being served airline food? We asked him for his tips during his recent visit to our offices.

The health crusader Dr. Robert Schuller didn't need a script when we interviewed him for the *Post*'s television health show. "Put salt and pepper on the airline dessert," he advised. And no, he wasn't about to serve lunch—that's his new PCPFS T-shirt for jogging.

After his meal, he pours salt and pepper all over the cream pie so that he can't be tempted to eat it. He has been known to dirty up his traveling companion's brownie by accidentally dropping it on the floor to make sure it is not edible. In restaurants he eats nothing sautéed—"only broiled and steamed, please."

When we interviewed him for "The Saturday Evening Post Health Show," he told us abut how he and Mrs. Schuller began jogging many years ago. He credits his fantastic stamina to healthful food and plenty of exercise. For his jogging we gave him a President's Council on Physical Fitness and Sports (PCPFS) T-shirt and suggested that he interview Arnold Schwarzenegger on his "Hour of Power."

Dr. Schuller has appeared on Soviet national television with the aid of the industrialist Armand Hammer. "Although the Soviet Union has been officially atheistic for seven decades, Gorbachev's reforms have included greater religious freedom," he told us. He urges the Soviets to "pray to God as you believe in him. Or even if you don't believe in God, pray anyway. He might be there. What can you lose?"

Dr. Schuller's parish, the Crystal Cathedral, has made a $50,000 gift to the Children of Chernobyl fund for victims of the nuclear reactor disaster in the Ukraine.

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5 reasons why most Americans may not be getting enough magnesium

Your body's magnesium can be affected by

1. certain medications
2. a diet too high in protein and fats
3. alcohol consumption
4. age (50 or older)
5. an inadequate intake of magnesium-rich foods

Magnesium is a mineral that is essential in maintaining the heart, kidneys, muscles and bones. If you don't think you're getting enough magnesium for any of the reasons above, you may want to *discuss with your physician* the need for a magnesium supplement.

Remember: Not all magnesium supplements are the same. Slow-Mag® contains magnesium chloride, a slow-release form of magnesium that is reliably absorbed and used by the body. Slow-Mag gives you the magnesium your body needs.

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Alcoholic Gene Identified

Dear Dr. SerVaas:

My aunt and several cousins were alcoholics. I tell my children never to begin drinking because we may all have a familial tendency to succumb to addiction—that we just may not be able to handle alcohol in moderation as most people can. Do you have any ammunition I can give them? They seem to think they can drink a little and keep in control, but I am worried. Is there any proof about inheriting an addiction tendency?

Jeanette Schmidt
Chicago, Illinois

Scientists believe they've located, for the first time, a gene that may one day identify up to 70 percent of all persons at risk of becoming alcoholics. This finding supports previous studies showing alcoholism to be hereditary and so it shouldn't be considered simply as a moral weakness.

The gene in question affects the number of receptor sites within brain cells that metabolize dopamine, a chemical crucial to the communication between cells within the brain and is closely associated with pleasure-seeking behavior.

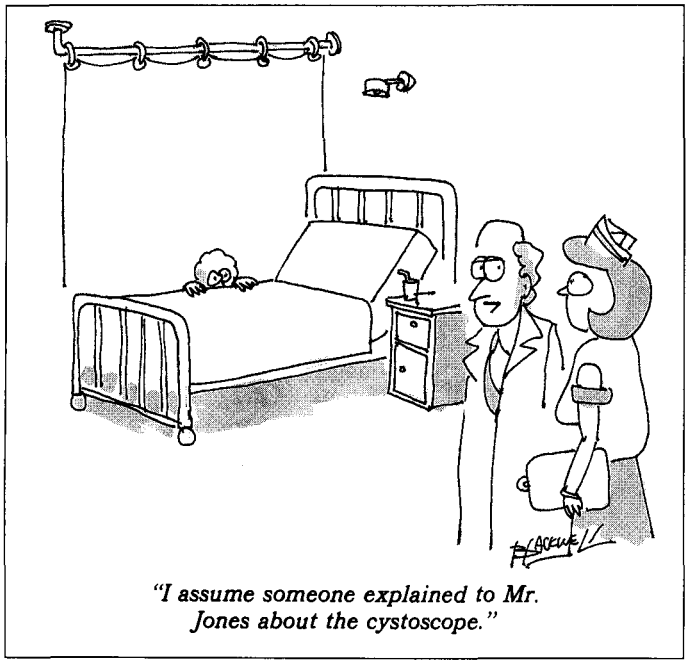
Researchers speculate that individuals carrying the defective gene end up with a chronic dopamine deficit and a desire for substances that raise dopamine production.

Because a simple blood test and possible solution to the defective gene problem are still years away, these findings are important because they reinforce the warnings to children of alcoholics that they have four times the risk of developing alcoholism than those of nonalcoholics. There are more than 18 million American alcoholics, and nearly 100,000 people die from it each year. In addition, nearly one out of every 500 babies in this country is born with fetal alcohol syndrome. Perhaps if we're armed with this important information, less suffering will occur in the future.

Missionaries in Thailand

Dear Dr. SerVaas:

First, let me thank you for the publication in the May/June issue of my article, "Perils of Prosperity."



"I assume someone explained to Mr. Jones about the cystoscope."

Although I have not seen a copy yet, my sister in the States sent her approval.

Perhaps since you are a physician, and your publication is health oriented, you have been aware of the present controversy between the U.S. and Thailand regarding enforced importation of American cigarettes with threatened trade sanctions if Thailand does not comply. What a blot on the face of America! The Thais are not unaware of the harmful results of smoking, as you can see from the enclosed cartoon from the *Bangkok Post*.

As Seventh-Day Adventists, especially interested in prevention of disease, we have at our hospital here had an active health education department. Since 1964, we have been presenting "stop smoking" sessions, with considerable success. It is ironic that American doctors here are trying to persuade the Thai public to give up this deadly habit while the American government is pushing cigarettes!

Ethel R. Nelson, M.D.
Bangkok, Thailand

More About Magnesium

Dear Dr. SerVaas:

Several years ago, the *Post* had an extended article on the benefits of magnesium to different maladies of the body. I read it extensively and passed it on to friends because we were all having problems with painful joints, etc. They were supposed to return my magazine to me, as I really did want to keep it for all of the other information it had contained about the benefits derived to other parts of the human body with magnesium supplements.

Is there any way that I can get a copy of that magazine or just a complete copy of the article you ran, or could you have a repeat report in one of the future magazines on the same article?

I am willing to pay for a magazine or copy of the article if it is possible to get one.

I don't have the vaguest idea when it was reported.

Thank you for your trouble, and if not possible, no harm was done in trying to get it. It was helpful to all of us who tried it, and my husband still takes two Cal-Mag tablets a day, successfully.

Mrs. Jerry Brown
Houston, Texas

Since our article on magnesium appeared in 1986, a great deal has been done in magnesium therapy.

Since the materials on magnesium first started appearing, cardiologists have begun using magnesium as well as

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Advertisement

I'm Patrick Reynolds. When my grandfather R.J. Reynolds introduced Camels in 1913, he didn't know that cigarettes would go on to kill tens of millions of Americans—including two of his four children. One of them was my father. My grandfather had no idea how deceiving, ruthless, and morally bankrupt the tobacco companies would become. In 1979 I divested my family stock in R.J. Reynolds because of my strong feelings.

Presently the tobacco companies are spending $3.25 billion annually on advertising to persuade teens, women, minorities, and peoples of the Third World to become addicted to smoking. In the mid-'60s when the tobacco industry saw that smoking was declining in America, they turned to new markets in the Far East and the Third World. *Since 1968 smoking has increased 73% worldwide!* And today vast billboard campaigns are attracting millions of new customers who know little about the health dangers of smoking.

At the Foundation for a Smokefree America we're fighting a powerful industry. That's why we need your help. Your contribution will make a real difference to the lives, the health, and the future of our children.

This month our most ambitious and promising plan to date will be unveiled. Our goal is to raise $250,000 to finance it. If you would like more detailed information, just write or call us.

Join me and make a difference. We'll make the most of your tax-deductible donation. Call us for more information. Your donation of $50, $100, $500, $1,000, or whatever you can afford will help us continue our battle against the tobacco industry. Now is the moment of need. The tobacco companies are fighting for profits. We are fighting for lives. I know I can count on you for a generous contribution.

Sincerely,

Patrick Reynolds

The Foundation For A Smokefree America
1800 South Robertson Blvd., Suite 500
Los Angeles, California 90035
(213) 277-1111
Your call will save lives.

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potassium for all their patients who are on diuretics or "water pills." This is because the magnesium is washed out just as potassium is when the kidney excretes additional fluid from the body. The physicians find they can control the potassium levels better when the magnesium is supplemented. We are sending you updated material on magnesium and are happy to hear that your husband is doing well. Our archivist will send you a back issue with the May/June '86 article, "A Case for Magnesium."

Lowering LDL

Dear Dr. SerVaas:

Can hardening of the arteries be cured in a 60-year-old? My father has this problem.

Annette Klein
New Orleans, Louisiana

Yes, researchers have found proof that artery-clogging plaque in atherosclerosis patients can be dissolved.

Doctors have several medications for reversing plaque buildup. In addition, niacin, a B vitamin, used in therapeutic doses can reverse the process and effectively lower high levels of the dangerous LDL cholesterol and high triglycerides in the blood.

Niacin is available without a prescription, but used in the quantities needed to dissolve plaque, niacin should be used under the direction of a physician. Occasional blood tests are done to monitor liver enzymes that indicate a possible toxic threshold.

Niacin often produces a flushing of the skin when a person first starts using it. This symptom generally subsides after a couple of days of niacin therapy. If this symptom persists and is bothersome, the doctor may choose to switch you to a medication that may be tolerated better.

Heart disease and strokes come from "hardening of the arteries" (cholesterol plaques). People in your part of the country often eat fried foods and rich French pastries. You should have your cholesterol levels checked and, if they are high, lower them. They can be reduced and controlled through exercise, a diet high in soluble fiber (oat bran, beans, oat meal, etc.), and if needed, niacin or a medication.

"It would appear that your constant anxiety over healthcare costs has resulted in a peptic ulcer."

Wilson's Disease Profile

Dear Dr. SerVaas:

I was diagnosed with Wilson's disease three years ago. I experience the horror of all the physical symptoms: slurred speech, tremors, and drooling, to name a few. I had psychiatric symptoms as well, such as mass confusion and depression. It was the most devastating thing that has ever happened to me. I was diagnosed nine months after the symptoms surfaced.

Jennifer and friend

Today I am almost back to normal, thanks to the penicillamine and the doctor.

Since my diagnosis, many questions have come to mind. I went through many examinations, and each time I was asked if I was feeling any pain in my liver area. I never did but if someone else has, is it a constant pain? Does the liver swell in some cases? How intense is the pain?

I know that if W.D. is misdiagnosed or overlooked, the consequences can be fatal. Can you tell me approximately how many deaths have occurred because of this illness? What is the average age at the time of death? My last question for you is, are females more apt to inherit W.D. rather than males or vice versa? I ask this because I am aware of four other females, besides myself, who have it, but I know of no males.

A word of encouragement to those who are struggling with symptoms of Wilson's disease. If you don't understand what is happening to you, if you're scared, embarrassed, or frustrated, please don't hesitate to write to me at Wilson's Disease Source of Support, P.O. Box 3083, Pinedale, CA 93650, or call 209-221-9352. When I was suffering, I had no one who could offer me the correct moral support for these particular problems; that's why I want to help those who have W.D.

Jennifer Lynn Arce
Fresno, California

Wilson's disease affects both sexes—it is not a sex-linked genetic defect. In Wilson's disease patients, the liver doesn't remove copper as it should and the copper accumulation acts as a toxin. Penicillamine removes copper from the blood and thereby eliminates the toxin from the body. Young people 30 and under who are admitted to psychiatric wards should be given tests for copper in their blood and urine to rule out this rare but treatable abnormality.

The toxic effect of copper on the liver often causes cirrhosis of this organ, which is why your doctor would be questioning you about pain there.

We don't know how many patients die from Wilson's disease. Some estimate that there may be only one case per 200,000 people in the United States.

You might like to read our article by Berton Rouché titled "The Lady Who Thought She Was Crazy," which appeared in the November 1982 *Post*.

Second Opinion

Dear Dr. SerVaas:

I am very concerned about a recently reported case of burning tongue syndrome, or glossodynia (March 1990).

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I am a board-certified specialist in oral medicine, a diplomat of the American Board of Oral Medicine, and have treated several cases of glossodynia. There are many etiologies for this symptom, among which is iron deficiency anemia. I suspect, however, that a basic medical concept has been overlooked in Mr. C. H. Scott's case. Iron deficiency anemia in a male or a post-menopausal female is due to the chronic blood loss of a gastrointestinal lesion, until proven otherwise. No mention is made in this case of a gastrointestinal workup. The uneasy feeling I have in this case is that symptomatic relief is being achieved by vitamin and iron supplementation, but the real cause of Mr. Scott's glossodynia may be gastrointestinal.

We reported a similar case which was published in *Oral Surgery, Oral Medicine and Oral Pathology*, January 1988. We described a postmenopausal iron-deficient female with glossodynia. Further workup showed her iron deficiency to be due to chronic blood loss from an adenocarcinoma Dukes C Classification of the right ascending colon.

Francis Gallagher, D.M.D.
Summerville, South Carolina

Thank you for the important advice you give. We contacted Mr. Scott in Atlanta as you suggested, and yes, he did have a complete gastrointestinal workup. In his case it showed no problems. His doctor prescribed Vitamin B_{12} and iron. His burning tongue disappeared, he is well, and his doctor still calls it a "little old ladies' disease." We hope your precautions encourage others with "burning tongues" to investigate the cause of possible chronic blood loss.

Emphysema News

Dear Dr. SerVaas:

I would like to thank you for your coverage on the subjects of lung transplants. Many, with a desperate need to know, have little knowledge that transplantation of lungs is possible. I agree patients must band together to increase awareness of the organ donation crisis in America. Many voices (and letters) get more attention than a solitary cry.

I am 43 years old with advanced emphysema, a result of a deficiency of Alpha-1-antitrypsin. Because this form of emphysema is rare, many of us have experienced difficulty obtaining information about our disease, and options. Your column has been one of the very few available to the general public to address this issue. Some of the early letters on AAT in your column prompted many people with early emphysema to be tested for the deficiency.

For patients with this disease, there is a quarterly newsletter and a support network. This network allows Alpha 1 patients from all over the country to share problems, fears, hope, and sometimes solutions. Additionally, I try to bring news to the readers in the areas of drug therapy and the rapidly expanding transplant technology.

Both of these ventures result from the frustration of digging for the information about a disease from my own benefit. It seemed only natural to share this with others. The newsletter mailing list has now grown to approximately 750, and the support group has grown to over 150. If you know of any patients with Alpha-1-antitrypsin deficiency, please feel free to give them my name and address. Thanks to corporate donations, there is no subscription fee for Alpha-1 patients.

Peter Smith
Alpha 1 News
819 Bayview Road
Neenah, Wisconsin 54956

Nicotine Produces Disease

Dear Dr. SerVaas:

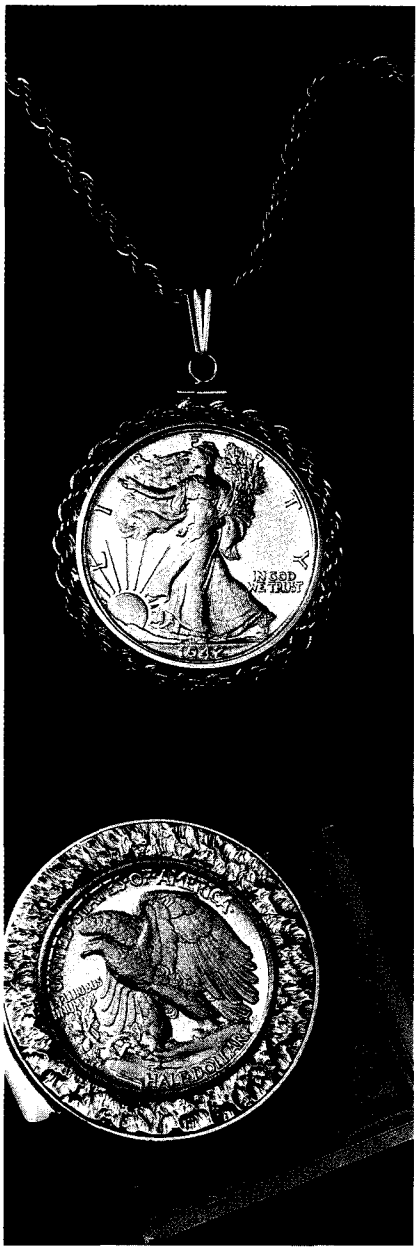
Would you run in your great magazine: the mailing addresses of Dr. Louis Sullivan and the new surgeon general and encourage your readers to write to them asking them to declare tobacco products the addictive disease-producing drugs they are so that they would be taken off the market?

Sarah and Bill Livingston
Yorktown, Virginia

Here are the addresses for the nation's two top health officials:

Dr. Louis W. Sullivan
Secretary of Health and Human Services, Room 615F
200 Independence Ave., S.W.
Washington, D.C. 20201

Dr. Antonia C. Novella
Surgeon General, Dept. 710G
200 Independence Ave., S.W.
Washington, D.C. 20201



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Planning

continued from page 96

mothers are quite young. Some of them might have liked a choice of a different kind of life.

Now, how big are the numbers? In Vermont right now, there are nearly 21,000 recipients of aid for families with dependent children, and they each receive an average of $441 a month. The figures are much higher in bigger states. For example: There are 104,000 recipients in Iowa. There are 320,000 in New Jersey. There are 1,708,000 in California. Each of these nearly 2 million Californians gets an average of $532 a month. The annual cost, split between California and the federal government, is around $11 billion.

The purpose of my proposal is to try to save the world from death by overcrowding, not to save taxpayers money. But it would probably do that as well.

Clifton Davis

continued from page 55

with a membership larger than five." Married by that time to Ann ("who was very, very supportive"), Davis says he didn't want to be away from home that much.

"I told my professors at Oakwood College that one of the things I had learned, it's not show business that's the gulf here, sin is the gulf," he says. "Regardless of the industry, we must own up to our own responsibilities; I don't see anything wrong in my going back into show business and being a Christian."

At this, Davis says, the college administrators refreshed his memory that they had invested 3½ years in him, and for that investment they expected to get a pastor. They suggested that he go to the seminary and get his master's, and if he felt the same way when he came out. . . .

"They knew you'd be hooked, right?"

"That's what they did. You're telling the truth like it is."

So it was seminary, a master's degree . . . and then a phone call from California that was to produce amazing results.

"It was a friend hiring ministers in a California conference, and he gave me a bid to a church out there. Now wait a minute!" Davis says, affecting surprise. "By the time the conference committee finished deliberation, I was called to the largest Seventh-Day Adventist church in the world as their first black associate pastor.

"God works miracles, you understand. I can thank Him for my [former] senior pastor, Dr. Louis Venden, who became my mentor. And thank God for the membership of Loma Linda University Church, because they began loving me. With their help I survived the daily challenges that 'Amen' soon began to present to me. I didn't win every battle, but I'm winning the war."

Whoa, again! Yes, within two years the Rev. Clifton Davis received a call from Hollywood that announced he was up for a show called "Amen." And with his feet now grounded in Jesus, he says, and his heart firmly planted in Ann, his wife, and his three children, Ryan, Noel, and Holly, Davis took a leave of absence from Loma Linda University ("They wouldn't let me quit!") and turned to spreading the gospel on the tube as the Rev. Reuben Gregory.

The Angel Awards' shepherds having now arrived to escort Davis to the ceremonies, has he time for a final question?

"When you say amen to 'Amen,' what then?" I ask him.

No hesitation.

"When I say amen to 'Amen,' I would like to have another television series," he says. "I'm comfortable in the television media, and in another series I'd be able to call more of the shots. I don't mean I'd want to 'holify' everything, but I think there's a place in a secular lifestyle for moral integrity.

"And I'm also looking

You be the Judge

by William Donaldson

After a bitter quarrel with next-door neighbors, the McFloys, Mrs. Flamm began an all-out war to force them to move. She trained her dog to howl outside their bedroom window nights. She herself arose at daybreak and ran her noisy lawn mower up and down to make sure that the McFloys got no sleep at all.

Tried beyond endurance, the McFloys sued both Mr. and Mrs. Flamm for damages, although Flamm himself had taken no part in the feud.

"Why drag Flamm into it?" the attorney for the Flamms demanded at the trial. "Granted that Mrs. Flamm has no defense for her malicious actions, there is no reason for holding her husband liable. He remained strictly neutral, and the case against him should be dismissed."

"Is Flamm a man or a mouse?" opposing counsel countered. "Instead of staying neutral, he should have put a stop to his wife's outrageous conduct. As he, not she, has the money, we want a judgment against both of them so as to be sure to collect."

If you were the judge, would you make Flamm share the responsibility for his wife's behavior?

Both Flamms were ordered to pay substantial damages. The court ruled that while the husband is no longer absolute boss of the household, he still heads it to the extent that he must prevent his wife from making a nuisance of herself to the neighbors. If he fails to do so, the court added, he shares her blame.

(Based upon a 1951 decision of the Supreme Court of Florida.)

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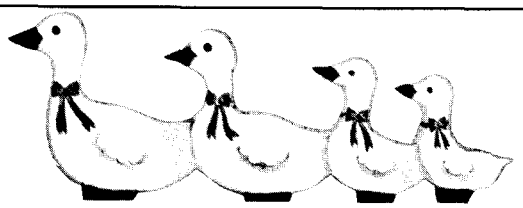

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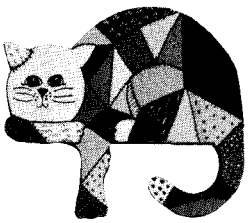
(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher announced today that it is practically "giving away" an all new book, *"Encyclopedia of 312 Woodworking and Scroll Saw Designs"*, for only 2¢ per pattern in a campaign to gain new customers.



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- Leaves and flowers
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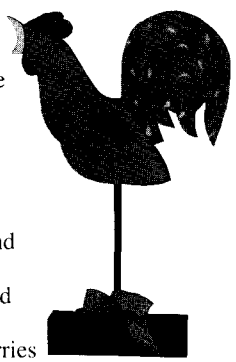
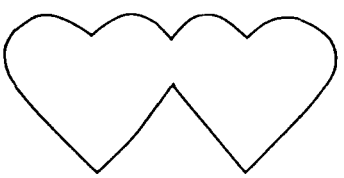
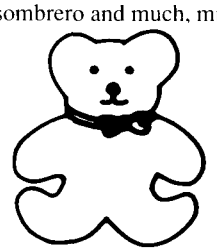
- Hearts galore and wash clothes on the line
- Whale, sombrero and much, much more







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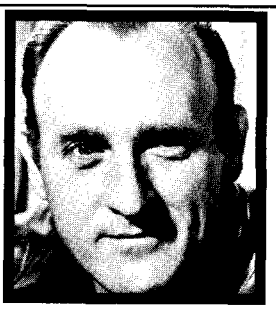

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(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today the release of a new book for the general public, *"Natural Healing Encyclopedia"*.

LOOK AT SOME OF THE SECRETS REVEALED IN THIS NEW BOOK

- Alzheimer's Disease from your cookware? Check your pots and pans.
- Lose weight without eating less. When you eat can help you lose weight.
- Inner ear noises could be from a lack of these vitamins in your diet.
- High blood pressure? Natural, drug-free ways to bring it down.
- Feeling tired? This simple remedy helps many.
- Breast lumps? Is that morning cup of coffee responsible?
- Cut your heart attack risk by adding this trace mineral to your diet.
- Severe headaches? The cause may be in your refrigerator.
- See how a tennis ball can keep your mate from snoring.
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All orders mailed by September 28, 1990, will receive a free gift. Order right away!

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forward to producing. I'm trying to produce a special right now, a gospel odyssey, with major Hollywood stars on location in Jerusalem. My co-producer [may be the choreographer and Broadway star] Debbie Allen.

"And I've just signed a record deal. And let's see, what else is happening . . . ?"

Whatever it is—the shepherds whisking him away at this point—it's a pretty safe guess that the Rev. Clifton Davis' faith will play an important part in calling those shots.

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or a limerick of five lines. Send your entry *on a postcard.* Do *not* send us a self-addressed, stamped envelope. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8" x 10" photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by July 30, 1990.

Our congratulations and a check for $100 go to Martha J. May of Lubbock, Texas, for the winning entry in our April 1990 caption contest.

The school boys, numbering three,
Decide they will go on a spree.
To school they should go,
But instead choose the snow.
They're real "angels," as it's plain to see.

Physical Fitness by Mail

continued from page 53

chairman of the council, suitable for framing.

3.) A blazer patch (embroidered emblem) signifying the sport or fitness activity in which you earn your award.

4.) A sports bag identification tag, imprinted with the award logo.

5.) A "shoe pocket" to hold your valuables and an identification card while running or power walking.

Mr. Leix illustrated the importance of the tag by describing the case of a man struck down while jogging along the highway in Indianapolis. Without pockets in his sweats attire, he carried no identification. Later, in fact much later, he was found to have been a hotel guest. The identification tag laced to his jogging shoes would have solved a lot of problems at the scene.

Mr. Leix, himself an award winner in softball, says that the visibility of Arnold Schwarzenegger and the council is today the muscle behind the program. "I have made a personal commitment toward earning several Presidential Sports Awards," Arnold says, "starting with some of my favorite sports—weightlifting, running, tennis, skiing, and swimming."

Giving sports-minded President Bush the last word on this fitness-by-mail incentive: "The popularity of sports is most readily explained by the pride each of us can take in trying to be our best and the simple enjoyment of participation.

"A strong, vital America depends on physically fit Americans. Can we depend on you?"

Arnold Schwarzenegger

continued from page 49

can do better. We can't dictate to the schools what the curriculum is going to be. But if this group is properly spotlighted, does their work the way I think they will, then I would take up the cause from here."

One way Schwarzenegger will be supporting the President's confidence in the council will be by visiting elementary schools to give kids the thrill of sweating with Conan himself.

He's a Pied Piper for fitness! With kids he creates a stampede. Our *Post* photographer reported that even Arnold was overwhelmed at the throngs of youngsters who clamored for a chance to meet him at the Fairfax

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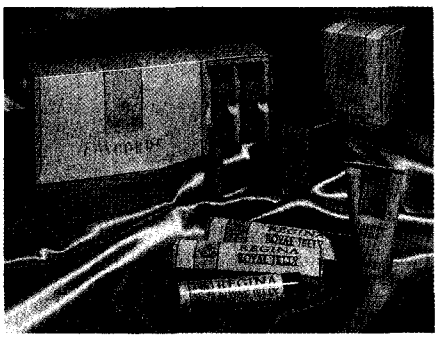
When I saw what Royal Jelly did for me and my son, I started my own company!

For years, Madeline Balletta suffered from an illness subsequently diagnosed as Epstein-Barr Virus, now known as Chronic Fatigue Syndrome. Virtually bedridden, she was too sick to care for her family or herself when a concerned friend gave Madeline Regina Royal Jelly. Within weeks, she began to experience renewed vitality. Delighted with her dramatic improvement, Madeline then gave Regina Royal Jelly to her young son, Jason, who was seriously debilitated after years of suffering from bronchial asthma. When he, too, experienced similar remarkable improvement, Madeline decided to start her own company so that greater numbers of people could benefit from this God-given, all-natural substance. Thus, Bee-Alive was born!

Bee-Alive was the chance to share my blessings and improved health. For everyone interested in feeling better and living a vibrant, healthy lifestyle, I am living testimony that there is a way! I know, having experienced the beneficial effects of Regina Royal Jelly and witnessing my son's amazing renewed strength. I became so excited about Royal Jelly that I started Bee-Alive, Inc. Today, five short years later, Bee-Alive is a thriving, nationally known company.

I now follow a hectic schedule that amazes those who knew me when I spent most of my days in bed. I travel constantly throughout the United States and Europe, extolling the virtues of Regina Royal Jelly. I find it such a joy to be associated with a wholesome, natural product that enhances health and vitality, and to share my knowledge of this amazing food of the Queen Bee! Bee-Alive Royal Jelly products cannot be found in stores because I believe personalized service is vital. Our toll-free number connects you with your own caring, personal consultant who will take whatever time is necessary to listen to your concerns as well as follow your progress. Here at Bee-Alive, we truly care about you!

What type of person is interested in Regina Royal Jelly? We at Bee-Alive receive hundreds of calls each day from the young and elderly, male and female, sick and healthy. For children, Bee-Alive has a special Royal Jelly blended with honey to help their susceptible bodies resist childhood ailments. For the elderly, who frequently complain of insomnia, or not being able to get around as they used to, Regina Royal Jelly offers daytime vitality and nighttime tranquility. Athletes, such as runners and body builders, appreciate the effects of the many amino acids present in Royal Jelly, as do men who wish to acquire more physical and mental stamina. I believe Regina Royal Jelly is particularly beneficial for today's women who are overwhelmed with too much work, stress and responsibility, as Royal Jelly seems to improve the immune system. It is generally believed that 80% of all illness is stress-related. If you are suffering emotional highs and lows, Royal Jelly can help you cope and enable you to achieve a feeling of well-being. Beauty-conscious European women have used Regina Royal Jelly for years. They have discovered what scientists have proven—that Regina Royal Jelly is extremely rich in pantothenic acid, which is believed to slow the aging process.



What is Royal Jelly? Royal Jelly is not a honey or pollen. It is actually bee's milk, made in nature's own laboratory, so it cannot be duplicated by man. The Queen Bee's longevity can be traced to her exclusive Royal Jelly diet. She lives almost six years, while the worker bees, who subsist on merely honey and pollen, live approximately six weeks!

Why Regina Royal Jelly is unique. To my knowledge, Bee-Alive is the only company in the United States that has pure, unprocessed Royal Jelly in encapsulated form. In the interest of purity, potency and freshness, none of our Regina Royal Jelly products are processed or freeze-dried. In addition, to assure you of the freshness of Regina Royal Jelly, a packaging and expiration date appears on all of our products.

Royal Jelly isn't just for royalty. While members of the British Royal Family use Regina Royal Jelly, as do many celebrities, today Regina Royal Jelly is made available for everyone through Bee-Alive. As leading advocate, Pat Boone, states, "Regina Royal Jelly is for everyone who is sick and tired of being sick and tired." Remember, Regina Royal Jelly is not a cure, but it can help your body to help itself! Just as Regina Royal Jelly has influenced my life, I hope it will influence yours. Please give us a call at **1-800-543-BEES**. We're waiting to help you change your life, beginning now!

Madeline Balletta

Madeline Balletta,
Founder and President, Bee-Alive Inc.

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High School in Virginia. The picture on page 42 was taken at Polk Elementary School after his presence created a similar stir with the youngsters.

"We must get physical fitness classes back in schools," Schwarzenegger emphasizes. "A lot of state educational leaders mismanage their budgets. Then in order to come out ahead, they cut certain programs where they feel the least amount of resistance. They know the children don't vote, so the h— with them, right? They cut out the physical education program. The parents are not participating many times, so they don't know that physical education is gone all of a sudden.

"Parents can't go off to work and leave the responsibility solely to the schools. They have to turn off the TV, communicate, be out there with them. Participate. We must provide our young people with an alternative to drug and alcohol abuses.

"Physical fitness has a permanent impact," he tells the kids today. "With drugs there is only temporary joy.... There are no shortcuts. There is only mileage."

Schwarzenegger says that senior citizens' fitness problems rival those of the young people. The in-between group, however, is doing pretty well. He points out that in the past 15 to 20 years, there have been many times more gymnasiums available for adults than there were in the early '70s. There are also some 50,000 to 60,000 health clubs.

"My concern is therefore much more in the direction of the youth and the senior citizens," he says. "We must let the senior citizens know it is not over when they retire. That this is really the time to pick out a goal and lay out a schedule. A time for them to say, 'O.K., we've got to go out every day and walk three miles, or walk steps and stairs and get the heart rate up to a certain level to stay young and to stay fit.' "

Not that Schwarzenegger is ranking President Bush among the senior citizens, but the star praises the President's outlook on fitness, noting Bush is a jogger, fisherman, and athlete. "He's 100 percent behind physical fitness," the fitness chairman says, "and he's in tremendous shape himself. I worked out with him once in the White House, and he really made me sweat."

Schwarzenegger's intention as council chairman is to convey his love of fitness through discipline to all Americans, youngsters, oldsters, and in-betweens alike. He points to Indianapolis as an example of one city that positively changed its image after it became known as the amateur sports capital of America.

"Sports give us fitness, endurance, and all those things that make us feel more secure when we are physically well-equipped," he says. "Winning championships brings confidence with every victory."

What Arnold Schwarzenegger wants to win now are the ears and hearts of his countrymen so that he can spread the gospel of physical fitness. There is little doubt he'll succeed in his goal during the Bush administration. He isn't used to losing, and he doesn't want to begin now with the lives of America's children in his hands. The stakes are too high.

The Perfect Squelch

Young Mr. Bellott, an efficiency expert at heart, arranged the details of the family picnic as carefully as if he were taking a military unit into the field. Having double-checked the route, the food, and the play equipment, and firmly vetoed most of his wife's and young son's suggestions as impractical, he herded them into the car.

At the picnic grove, while unpacking, he snapped a series of brisk orders to his son: "Put that down.... Leave that alone.... Get that blanket.... Don't touch that basket.... Stop poking in that bag...."

His son obeyed the orders without comment. But after a long period of silence, he asked in a small bewildered voice, "Daddy, are we having a good time?"

—Mrs. Fred Lazzeroni

Alexander Botts

continued from page 65

across one end of the airstrip with the throttle wide open, plunging down a steep bank on the far side to the edge of a swamp. Here I swung around and scooped up a full load of 15 cubic yards of moist, newly thawed earth. Then, with the good old tractor pulling its hardest, I circled around and headed back for the airstrip across a small patch of frozen muskeg.

This, as it turned out, was a mistake. There was a sudden, hideous jerk. The tractor stopped. I looked back. The wheel scraper, with its tremendous 15-yard load, had practically disappeared. And it was all too plain what had happened. The muskeg was frozen only on top. The scraper had broken through the crust and was now resting on the solid bottom about six or eight feet below the surface.

Naturally, I was surprised. I was, in fact, dumbfounded. Muskeg, in this region, normally freezes deep enough to support any kind of a load. And when it thaws in the spring it thaws from the top down. In this case, there was apparently some hidden spring or watercourse which had kept the lower layers from freezing.

What had happened was, of course, no fault of mine. But I found myself in a rather embarrassing position. After all my impressive sales talk, it made a very bad impression on Mr. Hawkesbury. The bad impression worsened when I failed to get out of the hole.

Good old George rallied around like the loyal friend that he is. For the rest of the day we both worked frantically. We shoveled the muskeg away from the front of

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the scraper and unhitched the tractor. We drove the tractor forward. It was 50 feet to the edge of the muskeg. Then there was 25 feet more of clear solid ice. Beyond that the ground was a little higher, dry, and solid.

After we had placed the tractor on this solid footing, we got 100 feet of heavy wire rope from the portable-drill rig and connected the drawbar of the tractor to the front end of the tongue of the wheel scraper. We put the gears in low. We gave the engine everything she had. But it did no good. The scraper was too heavy and it was mired too deep.

We decided to lighten the load. As there was no way to dump the earth out of the scraper we had to do it by main strength—using old-fashioned WPA-model hand shovels. We shoveled all the rest of the day. By suppertime we had removed about 1½ yards of the total load of 15 cubic yards. I was discouraged. I was sore all over, both physically and mentally. And the attitude of Mr. Hawkesbury did not help. The big bum flatly refused to help us in any way, his only contribution being a series of derogatory remarks.

After supper, he began rubbing it in on us in a really large way. "At the rate you two are going," he said, "it will take you over a week to unload that scraper. And even then you may not be able to pull it out of the mud. Such being the case, I have decided to fly my plane out of here without waiting for you to repair the airstrip."

"How can you take off," I asked, "with only half the strip available?"

"I am a resourceful man, Mr. Botts. While you and your friend were wasting your time out in the mud this afternoon, I sent off a radio message ordering some JATO equipment for my plane. It will be flown out here and dropped, by parachute, within two or three days."

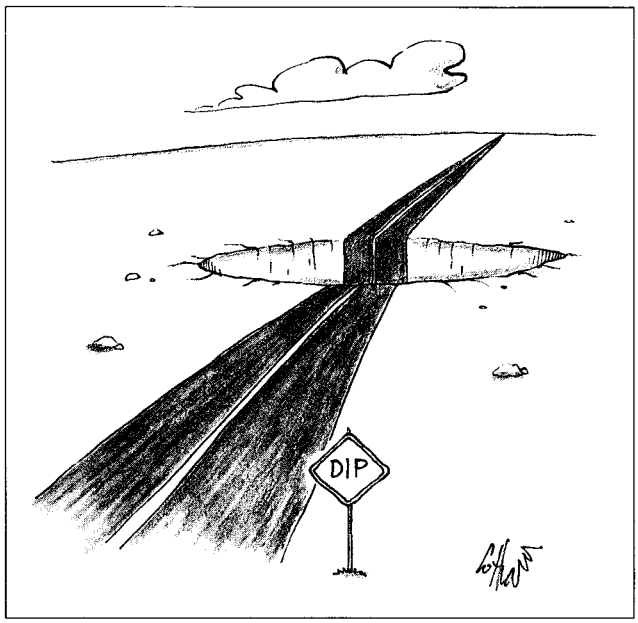
"What do you mean by JATO?"

"Jet-assisted take-off. It is a technique by which the plane is given enough added thrust to get off the ground in about half the normal distance. As soon as the stuff arrives, I shall be flying back to civilization. You two may come along with me or not, as you please."

"But we don't want you to hurry away, Mr. Hawkesbury. We want you to wait around till we get the scraper out of the mud so you can see the wonderful work we can do with the Earthworm tractor."

"I have seen enough already," said Mr. Hawkesbury. "And I have learned enough. I have learned that the Earthworm tractor is no good in rough country. I have learned that the president of the company is a doddering incompetent and that the sales manager never was any good. And I have learned that you, Mr. George Humber, are as useless in a crisis as Mr. Botts."

I started to protest: "Wait a minute, Mr. Hawkesbury——"



"I do not care to discuss the matter, Mr. Botts. One of the fundamental principles on which my entire success in life has been based is to employ only the best in men and machinery. The pathetic performance of the Earthworm tractor in the present emergency, and the puny efforts of you two men, added to your previous information about Mr. Gilbert Henderson, have convinced me that I want nothing more to do with either the Earthworm Tractor Company or the Humber mine. When I get away from here I will proceed at once to the main office of the Behemoth Tractor Company to sign a contract with them."

As Mr. Hawkesbury seemed to be in such a hostile state of mind, I gave up all attempts to argue with him—for the time being. However, I am not yet licked. Tomorrow, George and I will continue our efforts to rescue that scraper, which is the only piece of equipment around here that can transport enough dirt to fill in that gully. It will thus be a race against time. If we can get going before the JATO stuff arrives, we may be able to put on a demonstration that will cause Mr. Hawkesbury to change his mind. That, at least, is what I am hoping for.

I will now read this report over the short-range radio to the stenographer at the Aspen Falls Airport who has kindly agreed to transcribe it and send it by air mail to you. I have given you this very full account of my activities here so that you may realize that the present unfortunate situation is in no way my fault. Furthermore, I want you to know that I am working with real intelligence to bring matters to a successful conclusion.

If you send me another telegram please restrain your language. Remember that Mr. Hawkesbury may be listening in when it is relayed by radio.

Your ever hopeful sales manager,

ALEXANDER BOTTS

continued next issue

WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

(Theme: things found on a farm)

1. Creamridge, N. Jer.
2. Cornwall, Conn.
3. Meadows of Dan, Vir.
4. Wheatland, Mo.
5. Horse Cave, Ken.
6. Guernsey, Ohio
7. Fowler, Calif.
8. Green Acres, Del.
9. Jerseyville, Ill.

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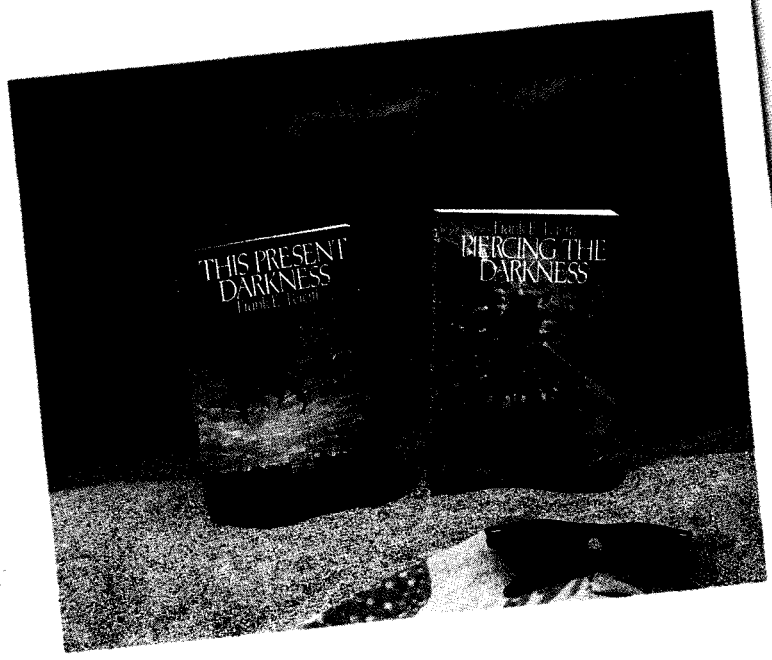

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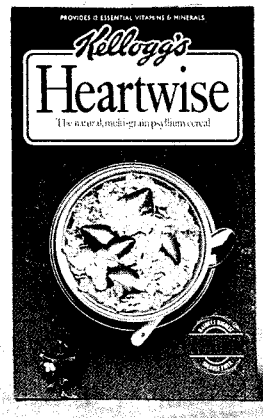

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